

# GOOD BEGINNINGS NEVER END

N.C. Child Care Health & Safety Resource Center • 1-800-246-6731 September 1999

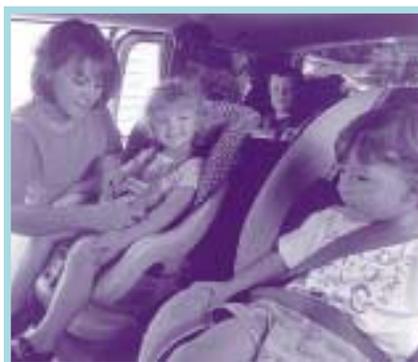
## Key Points

- In North Carolina, the leading cause of death and serious injury to children after age 1 is trauma from motor vehicle crashes.
- Seat belts and child safety seats help to keep children safe from injury and in place inside the vehicle in case of a crash.
- Unrestrained children can be injured during quick stops or turning the corner.
- Children who are not buckled up can open the door and fall out of the vehicle.
- Beginning October 1, 1999 in North Carolina, **all children in all seats** must be buckled at all times.

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## Get Ready! Get Set! Go!



Nora Losada buckles up Haley, Matthew, and David for a field trip to the park.

**H**ow many faces will light up when you tell the children in your care that you are going on a field trip? Field trips are natural learning experiences for children and a lot of fun. However, child care providers and parents need to be aware that transporting children and taking them away from familiar surroundings requires careful planning to insure their safety.

It is extremely difficult to plan a safe trip for very young children. Field trips are **not** recommended for children under the age of 3. For this age group, invite someone to visit you such as a storyteller, a dancer, or a police officer. This brings new experiences to young children and keeps them safe in your home.

Follow the ABC steps for field trip and transportation safety:

### A. Get Ready—advance planning

- Plan ahead
- Visit the site and make arrangements
- Plan to have extra adults on the trip

### B. Get Set—advance preparations

- Inform the parents
- Prepare the children

- Prepare necessary forms
- Develop emergency plans
- Prepare necessary equipment and supplies (First Aid kit, drinking water, snacks, etc.)

### C. Go!—safe transportation practices

- Make sure vehicle is safe
- Check restraint systems for children and adults
- Provide at least 2 adults in each vehicle—driver and monitor
- Set route in advance
- Check weather conditions
- Dress children in needed sweaters, coats, hats, or raingear
- Maintain an orderly group during the visit and exit from the site to return home
- Load and unload children from the curbside, or in a safe, off-street area, out of the flow of traffic, so that they are protected from all traffic hazards
- Plan follow-up activities including thank-you notes

To assure the safety of all the children in your care follow these 3 most important rules on a field trip and whenever transporting children:

1. Visually supervise all children at all times
2. Take attendance at regular intervals, including each transition point
3. Never leave children unsupervised on a vehicle

Field trips help children learn to make sense of the real world through many different experiences. Careful planning before the trip will greatly reduce the risk of harm or injury to the children in your care. For further information on field trip and transportation safety call 1-800-246-6731.



# North Carolina Child Care Health & Safety Resource Center

Providing Training, Consultation & Resources for North Carolina's Child Care Community



## Training Opportunities

### October 5

Communicable Disease  
in Child Care, Hendersonville  
828-692-3847

### October 6

How to Incorporate Language  
in Your Curriculum, Raleigh  
Kim, 919-461-2382

### October 9

Injury Prevention for  
Child Care Providers &  
Healthy Kids, Raleigh  
919-832-7175, ext. 3005

### October 13

Nurturing the Brain:  
Implications for Early  
Childhood Programs,  
Hendersonville  
828-692-3847

### October 14

Helping Children Develop  
Healthy Self Esteem, Cary  
919-677-1400

### October 19

Teachers Treasure  
Healthy Smiles, Raleigh  
Kim, 919-250-3992

### October 19- Nov. 9 (Tues & Thurs)

Kids Are Artists, Too  
(20 hrs.- free),  
Coastal Carolina  
Community College  
Pat Howard, 910-938-6140

### October 21

Children's Nutrition,  
Raleigh  
919-832-7175, ext. 3005

### October 21-23

NCAEYC Annual  
Study Conference,  
Winston-Salem  
800-982-4406

### October 26

Developmental Expectations,  
Raleigh  
919-829-9024

### October 28

Play & Creativity  
in Early Childhood,  
Cary  
919-677-1400

# The ABC's of Safe and Healthy Child Care...



## Apple Orchard

Plan a field trip to an apple orchard this fall. You and your children can:

- See where apples come from and how they are picked.
- Learn about how an orchard works and how trees are cared for.
- Observe how apples are sorted, graded and packaged.
- Taste different kinds of apples.
- Bring home some apples to eat.

### Before you go

- Bring in several kinds of apples in different colors and shapes. Talk about how they are alike and different. Cut them open and look inside. Name the parts of the apple.
- Talk about things that are made from apples: apple juice, applesauce.
- Display an apple, some apple seeds, a picture of an apple tree, and a dish of applesauce. Ask the children which came first, second, and so on. Ask them to explain their ideas.
- Read books about apples at story time such as *How do Apples Grow?* by Betsy Maestro (1992) and *The Life and Times of the Apple* by Charles Micucci (1992).

### After the trip

- Talk about the trip and let the children tell you all the things they remember and what was interesting to them.
- Make applesauce with apples from the orchard.
- Write a thank-you note to the orchard. Let the children tell you what to write and illustrate the letter.

## Child Passenger Safety Seat Law

North Carolina's new Child Passenger Safety Seat Law takes effect October 1, 1999. The main points are:

- **All** children in **all** seats must be buckled at **all** times.
- Children under age 5 and less than 40 pounds must ride in a properly affixed child safety seat that meets federal motor vehicle standards at time of purchase.
- If the vehicle is equipped with an active front passenger-side airbag, children must be secured in the back seat.
- Children under age 16 must ride in an age appropriate restraint system no matter where they sit.
- The driver is held responsible for proper restraint of children.



## Bank

It's never too early to learn about saving money! A field trip to a bank can be planned for any time of year and can help children to:

- Learn about how and why people use banks.
- Meet the people who work in banks and see what they do.
- Learn where money and valuables can be kept for safekeeping.
- Learn about saving.
- Observe the machines and other features of a bank.



### Before you go

- Ask the children what they do with money they receive. Where do they keep it? Where do their parents keep money? Let the children suggest good places to keep money.
- Ask the children why people need money.
- Show the children your checkbook. Explain how checks work.
- Read books about money and banks such as *Berenstain Bears' Trouble with Money* by Stan Berenstain (1983) and *Pigs will be Pigs* by Amy Axelrod (1994).

### After the Trip

- Talk about the trip and let the children tell you what they found interesting.
- Write down their comments in a thank-you note to the bank.
- Make piggy banks out of baby food jars or small cans. Have the children decorate them.
- Set up a pretend bank with play money, stamp pads, calculators, blank deposit slips and a large cardboard box vault. Children take turns being tellers and customers.



## Shut In

Is there a person in your neighborhood that is unable to leave home? He or she may enjoy a visit from you and your children. Their home may be within walking distance of yours. The children could share pictures that they have colored, snacks that they have made, flowers that they have grown, and songs that they have practiced to sing.



## Test Your Knowledge



Pamela is planning a field trip to the grocery store for the children in her care. She has begun making a list to get ready. Which of the following things should she do first?

Call us at 1-800-CHOOSE-1 with your answer and receive a free Field Trip and Transportation Safety Guide if you are among the first 100 callers.

- A. Get permission slips signed by parents.
- B. Make appointment for car inspection.
- C. Visit the grocery store and meet with the manager.
- D. Discuss the trip with the children.
- E. Prepare a first aid kit.
- F. Recruit an adult to help chaperone the trip.

## References for September Articles

*Get Ready, Get Set, Go!* by Karen Ferguson and Rebecca Hammill, Division of Child Development (1998).

*Open the Door, Let's Explore More* by Rhoda Redleaf, (1996).

North Carolina Department of Transportation and Safety

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VOL. 3, No. 9

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This publication is produced monthly by the N.C. Child Care Health and Safety Resource Center and distributed to family child care providers by the Healthy Child Care North Carolina Campaign.

#### FOR MORE INFORMATION

or if you would like to send suggestions or comments

#### WRITE:

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Post Office Box 12509  
Raleigh, NC 27605

#### OR CALL:

1-800-246-6731  
www.healthychildcarenc.org

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*Produced with the support of:*



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Raleigh, NC 27605

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