



## Autumn Road Safety

Autumn marks the transition from summer to winter, with the arrival of darker mornings and evenings, and much cooler temperatures. Brake's Top 5 Autumn Road Safety tips contain basic road safety messages for you and your kids, helping to protect your children from dangerous traffic, and keep the whole family safe.

### 1. **Autumnal stroll**

Five people die every day on UK roads, and countless more are seriously injured. Children's health is also affected by our congested roads: traffic pollution is particularly bad for young lungs, and childhood obesity is on the rise as more and more children are driven even short distances. Although there is often a drop in temperature during autumn, there is no excuse for not wrapping up and walking to nursery or school. Can you drive less and live a more active life? The changing colour of leaves on the trees and puddle splashing opportunities add to the adventure, as well as reducing traffic danger and pollution.

### 2. **Getting across**

Children under eight should always be accompanied by and hold hands with an adult around roads, particularly when crossing. When your child walks with you, talk to them about how they must always hold your hand. If your child is likely to pull away from you, use safety reins or a wrist strap.

Less sunshine, fewer daylight hours, and bad weather means visibility can be poor during autumn, for both kids and drivers. Make sure you find safe places to cross with your little ones, so you can see traffic and drivers can see you.

### 3. **Sitting comfortably**

In 2015 11 children under the age of 12 were killed and 200 seriously injured while travelling in cars. Make sure your child is in a modern child seat, not second-hand, that is suitable for their size and weight until they are 150cm tall. Make sure you follow the fitting instructions exactly and if possible, fit the seat in the middle of the back of your car. If you need to use a taxi, use one you can fit your baby seat into. And remember to remove any thick coats or snowsuits before strapping your child in their seat as they can stop the harness fitting properly. You can easily lay the coat or a blanket over them once their buckled up! Never hold a child in your arms in a vehicle!

### 4. **Speedy reminder**

Remind your kids that traffic is dangerous and fast, and they must never run into the road. It's especially important to stop, think and look out for traffic and find safe places to cross away from busy fast roads. If you are driving, bear the same things in mind, and go 20mph or below around homes, schools and shops – as if your own child might be somewhere nearby.

### 5. **Be a good role model**

We all know how kids love to copy grown-ups, so setting a good example on and around roads is important. Don't take risks when crossing the road and if you can't avoid the car, always wear your seat belt, stick to speed limits, and concentrate on the road. You can take the Brake Pledge ([www.brake.org.uk/pledge](http://www.brake.org.uk/pledge)) too.

## ***Stay safe this autumn***

Go to [www.brake.org.uk/families](http://www.brake.org.uk/families) for more advice about keeping your child safe on roads.

*Brake supports families affected by road crashes, campaigns for safer roads, and raises awareness to make streets and communities safer for everyone.*