



Northridge Hospital Medical Center

A member of CHW

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Back to School Tips

Summer is coming to an end and the school year is quickly approaching. Whether you are sending “little ones” off to college or to the first day of school, you can do your part to keep kids safe. This is an important opportunity to discuss campus safety and remind young ones of the basic rules.

Walking to School

- Be realistic about your child's pedestrian skills. Small children are impulsive and less cautious around traffic. Carefully consider whether or not your child is ready to walk to school without adult supervision.
- Make sure your child's walk to a school is a safe route with a crossing guard at intersections. In neighborhoods with higher levels of traffic, consider starting a “walking school bus,” in which an adult accompanies a group of neighborhood children walking to school.

Backpack Safety

- Choose a backpack with wide, padded shoulder straps and a padded back.
- Consider a rolling backpack.
- Pack light. The backpack should never weigh more than 10 to 20 percent of your child's body weight.
- Always use both shoulder straps. Slinging a backpack over one shoulder can strain muscles.

Reminders for Drivers

- Slow down and be especially alert in residential neighborhoods and school zones.
- Take extra time to look for kids at intersections, on medians, exiting driveways and on curbs. *Be extra cognizant on days when the sun is in your eyes.*
- Reduce any distractions inside your car so you can concentrate on the road and your surroundings.

College Campus Safety Tips

- Be aware of your surroundings and remember to take precautions at all times.
- Use campus escort services at night and whenever you feel uncomfortable.
- Tell a friend where you are going and when you will return.
- Carry a whistle or noisemaker. Do not be afraid to shout if you need help.
- Park in an area that will be well lit when you return.
- Have your keys out in advance when approaching your car or door of your home.



“Best Pediatric Care” Daily News

Amazing Happens Here.