**Footsteps**

**Parent’s Guide**

As Parents we are very protective of our children and usually make all the necessary decisions about crossing roads without involving them in the thought process, or alternatively provide no guidance at all. Many children travel by car rather than on foot and therefore have little exposure to traffic until later in their primary education and certainly in their secondary education.

Footsteps is a practical pedestrian training scheme for children age 4-7 years old, which develops awareness of roads and helps them live safely with traffic. Children are taken into the local area with a volunteer trained tutor to observe the traffic and discuss road safety. There are three stages, green, amber and red. Each build on the last stage, covering the basic “Green Cross Code” then adding other aspects of road safety.

**Stage One**

1. **Safe Places**: Where it is safe to walk and stand near roads. Naming parts

of the road (for example ‘a kerb’)

2. **Stop**: Where to stop before crossing and why

3. **Look**: Learning to see traffic and knowing where vehicles may come from

4. **Listen**: Finding out about the different noises made by traffic. Hearing

vehicles before you can see them

5. **Fast/Slow**: Starting to understand how fast, or slow, traffic is going

6. **Near/Far**: Learning how far away vehicles are when they are first seen or

heard

7. **Crossing**: Preparation for crossing – practising crossing holding hands.

Learning to walk straight across.

**Stage two**

8. **Safe places**: Looking at parked cars and junctions and deciding where to

cross. Also, talking about zebra crossings, pelican crossings and traffic

islands

9. **People who help**: Police, Traffic Wardens and School Crossing Patrols

10. **Stop**: Stopping before crossing without being reminded (looking and

listening for traffic)

11. **Listen**: Hearing traffic and knowing whether it is coming or going away

12. **Vehicle Lights**: What are the lights for and what do they mean?

13. **Crossing**: Looking all around while crossing holding the hands of an

adult

**Stage Three**

14. **Green Cross Code**: Putting the code into practice

15. **Parked Cars**: Learning about parked cars. Deciding if it is safe to cross

between them

16. **Conspicuity / Weather Conditions**: Seeing vehicles and being seen by

drivers during day and at night. Thinking about slippery roads.

17. **Crossing**: Showing that he/she knows how to use pedestrian crossings

under the supervision of an adult

18. **Plan a Safe Route**: Planning a journey on foot using the best route