



SCHOOL WALKING MAP

The North Natomas Transportation Management Association provides this map and suggestions to assist parents and caregivers in choosing safe walking routes to school. Please remember that actual street conditions can change for a variety of reasons, including weather, construction or civic events, and that those actual conditions will impact what may be the best route to use at any particular day and time.

Remember: Be smart, be sure and be safe.

CHOOSING YOUR SAFEST ROUTE

1. Choose a route with the fewest streets to cross.
2. If possible, avoid crossing busy or high speed streets.
3. Talk with your child about the route you chose and make sure to always follow it when walking with your child to school.
4. Every time you cross the road on your route, make sure you and your child stop at the edge of the road to check for cars in all directions before crossing.
5. Mark the route on this map and hang it on your refrigerator!

WALKING SAFETY FOR CAREGIVERS AND CHILDREN

You are your child's most important role model for walking safely. Children learn by watching others so your own safe walking behavior is the best way to teach your children these valuable skills:

- Obey all traffic signs and signals
- Pay attention to driveways
- Use crosswalks and look for traffic at intersections (look left, right, left)
- Walk, don't run, across the road
- Wear bright colors or use reflective gear if it is dark or hard to see

CONSIDERATIONS FOR CHILDREN UNDER 10

A child's safety needs change as they grow and develop. Remember that children under 10 years old:

- Have difficulty controlling impulses and concentration
- Have a hard time focusing on one task such as crossing the road
- Have difficulty differentiating between safe and unsafe crossing sites
- Can begin to identify safe crossings with help and practice between the ages of 7-9



Learn more about the North Natomas TMA's programs at: www.northnatomastma.org