

General Safety Rules You Should Teach Your Kids

Are you worried about your child's safety? Do you think it is important to establish few safety guidelines for your child in and out of the home? If you are wondering how to go about it, we have the answer for you. Keeping your child safe at all times means constant monitoring by an adult. It also means implementing changes and necessary rules to ensure the well-being of your child. Here is a list of 10 safety rules for children, which will assist in ensuring their safety at school and home.

Know Your Name, Number, and Address

Your kid may be small, but it's important to teach him the basic contact information such as your and your partner's name and contact details. Your child should be able to share your contact number with a person in case of an emergency. Additionally, knowing where home is or any nearby landmark is also essential. Help your child memorize these details with regular practice at home. Also, help your child memorize an additional number to remember, such as his grandparent, uncle or aunt.

Never Eat Anything Given by A Stranger

You need to teach your child about the potential dangers of eating food that is given to him or her by a stranger. Tell him or her that, no matter how tempting the treat is, if it comes from a stranger, it should not be eaten. Ask them to refuse politely if someone offers food in your absence or without your consent.

Do Not Climb the Fence

Your child may be playing ball, and suddenly it bounces on an interior space of a fence. Teach your child never to try to recover anything climbing through a fence. If something like this happens, he should ask for help from a grown up, but never himself go near a fence.

Playing with Fire Is Not Allowed

Whether you are at home or not, your child should know that it is absolutely prohibited to play with fire. Make sure all fire outlets are out of your child's reach. You should also have a fire extinguisher at home to deal with any unwanted situations.

Never Go Anywhere with A Stranger

Your child should know that no matter what the reason is, it is unsafe to go anywhere with a stranger. Tell your child that if a stranger says something like, "Your mother asked you to come with me right away," he should stay where he is and shout out for help. Make sure that if there is an emergency, you will always send a family member, such as a grandparent or aunt, to be with your child and not a stranger.

No Body Is Allowed to Touch Your Child's Body

It is the absolute most important safety rule for a child, and parents should teach about it as soon as your child can understand the basics. Teach him how to differentiate a good touch and bad touch. Tell your kid that nobody is allowed to touch him except mommy and papa if needed. If anyone else has touched your child, he should immediately shout for help and gain the attention of people around.

In Case of Getting Lost, Stay Where You Are

In an event, your child may get lost, so tell him it is important that he stays right where he is. If he sees any other mom with kids nearby, he can ask her for help. Your child should stay inside the event place and should not go out, even with the other mom.

Do Not Share Phone and Address Details with Anyone (Except in Emergency Situations)

Your child should know that it is not safe to share personal details like contact numbers, address, pictures, or Email ids with strangers. Any information that he shared should only be in your presence or with your consent.

If You Are Uncomfortable, You Will Not Do It:

No matter what your child may be asked to do, if it makes him uncomfortable, your child should NOT do it. This could be something like taking off clothes in front of others and diving in a home pool. If your kid is not comfortable with it, no matter how many of his friends are doing it, he should not do it at all.

It is important that you teach your child about these basic safety rules as soon as he is able to understand. There are certain rules that you can start teaching your child as early as three years of age. Make sure you speak to your child in an age-appropriate language. Also, always try to keep communication open. This will encourage your child to tell you everything.

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Dr. Emma George is medical graduate and nutritionist with over five years of experience in the field of medicine. She has a special interest in medicine, advancing medical techniques, and how the knowledge of medicine helps people improve their lives. Besides that, she is also a passionate writer and has published many health-related articles, books, and journals over the past years.

Our experts are constantly writing some amazing health and safety tips for you and your children. They love sharing their knowledge, and we hope you find it useful as well. However, you should always consult with your doctor first. Be sure to leave a comment and share your thoughts with other parents in our community. For more amazing articles visit www.LeighaMarina.com