

TIPS FOR KEEPING YOUR KIDS SAFE



Presented by



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Tips For Keeping Kids Safe

Nothing is more precious to us than our children. And yet, the world we live in is filled with things and people that present a constant danger to our children. We can't watch our kids all the time, but there are steps we can take to provide them with a better chance of staying safe even when we're not there to protect them.

Here are a few tips that can help younger (pre-teen) children be a bit safer when you're not around to observe and protect.

Memorize Phone Numbers and Addresses

We rely on our smart phones so much that we often don't remember key phone numbers and addresses. If

your child is too young to have a cell phone—or if the phone is lost or stolen—you want your child to have the confidence that he or she can get in touch with you. Get your children to memorize your phone number and your home address. One good way to do that is to even make up a simple song (to a tune they know). That way, if your child gets lost or is separated from you in a public place (such as a mall or a park) it will be easier for your child (or authorities) to reach you.

Reinforce the Danger of Strangers

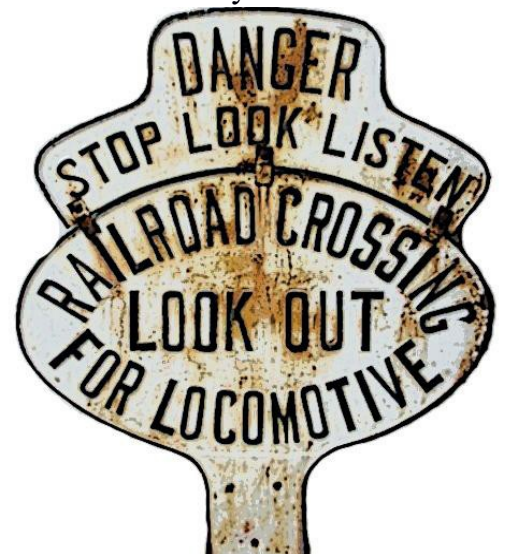
It's important to clearly—and repeatedly—communicate that not everybody is a friend. It's particularly important with younger children who may be more trusting. You'll have to explain what a stranger is (someone who is not a relative or close family friend). You don't need to make your child fearful, but you should clearly communicate that it's not OK to go somewhere alone with someone who is not a family member or a trusted family friend.

Talk About Safe Places

Make sure your child knows where there are safe places to be. Waiting with a group of friends after school to be picked up may be OK. But make sure your child understands that it's not a good idea to wait alone outside. If your child is alone, make sure he or she knows to wait inside the school (or church, or music lesson, or gymnasium) and watch for your arrival (or wait for you to come in and get them). Predators know where kids hang out and look for "strays" who are on their own. Make sure your child doesn't stray from the pack.

Stop, Look, and Listen

Many of us remember that warning as children when we approached railroad tracks. The idea was to pay attention and avoid danger. It's good advice for kids today. If you have a child who walks home from school, sports practice, music or dance lessons, teach him or her to be aware of his or her surroundings. It's probably a good idea to walk the route with your child the first time or two. As you do, talk about (and demonstrate) the importance of looking around (in front, behind, to the side) to see what's happening. Teach your child to recognize potentially dangerous patterns such as adults alone in parked cars.



Tell Your Child It's OK to Make Noise

Kids are used to us telling them to be quiet, but make sure they know that there are times when it's not only OK to make noise—it's important. If you have a child who walks home consider giving him or her a whistle. It's probably best if it can hang around your child's neck—a at least be in a place where it's easy to get at. Let your child know that if he or she is in an uncomfortable situation—or feels threatened in any way—long and loud blasts from the whistle can startle an at-tacker and can also alert others in the area that help is needed.



Consider a Self-Defense Class

You don't have to turn your child into the Karate Kid, but if your son or daughter is in a dangerous or threatening situation it can help if they understand some basic self-defense techniques that can allow time to get away. As a caveat, make sure your child is absolutely clear that the skills learned are for self-defense only. Most self-defense classes do stress the importance of this.



Monitor Internet Usage

Not all dangers to your child begin out on the street. Pedophiles prowl the Internet looking for opportunities to befriend kids (often under false pretenses and identities), and later arrange to meet them. Talk clearly about those dangers and make sure your child understands never to provide personal information (home address, cell phone number, email address, or even school name) to someone unknown. If your child has a Facebook account (or some other social media) work with him or her to set up the privacy settings so that it's not accessible to just anyone.

Check Cell Phone Usage

A cell phone can be a tremendous tool for ensuring your child's safety, but it can also be a conduit for trouble. Talk about appropriate use of cell phones—including who has access to the number. Monitor the cell phone bill regularly. You may even want to call some of the numbers you see appear regularly—just to verify who is on the other end.

Keep Kids Close By Making Them Want to Hang at Your House

One of the best ways to stay on top of things and ensure safety is when your kids are in you own home. Encourage your children to invite their friends over to your home and interact with them. Don't overdo it. These are their friends, not yours. But you'll begin to develop a sense for who your child's friends are—and whether you're comfortable with that. And if possible, get to know the parents as well. You don't necessarily have to be buddies with these other parents, but you can communicate what's acceptable and what isn't—and you can watch each others' backs.



Protect Your Home And Your Kids

There are a lot of dangers facing our kids today, and the tips we've outlined briefly here are only first steps in help you keep your kids safe. Of course a big part of successfully providing a safe environment is developing what you might call a safety mind set. As parents, you have to be on the alert—and teach your kids to do the same.

There are other steps you can take to protect your kids, yourself, and your home. One of the most effective ways to protect your family and your home is with an affordable, state-of-the-art home security that protects your home 24-7 365 days of the year. Studies have shown that homes with security systems are three times less likely to be broken into than homes without security systems.

One of the great things about today's home security systems is that you can add features according to your specific needs and budget. If you have kids, you can even add features that allow you to lock and unlock doors remotely. Or you can track exactly when your child arrives at home when he or she disarms the system. And you can even include video monitoring in case you kids are home alone for a while before you get home from work. It's all possible with a safety mind set—and an affordable home security system that protects your kids, your home, and your whole family.

*For more information about an affordable security system
that fits your specific needs, give us a call at
719-433-1494 or visit us online at getyouralarm.com*

