

# Move Well Eat Well

## Teach road safety from an early age



**Walking and cycling helps children learn how to be safe around roads.**

- Help your child learn about road safety by:
- Using pedestrian crossings, traffic lights and footpaths.
- Teaching road and pedestrian rules.
- Supervising children at pedestrian crossings.
- Making sure that protective gear such as helmets are worn when riding.
- Holding hands to cross roads.



For more road safety ideas visit:  
[www.movewelleatwell.tas.gov.au](http://www.movewelleatwell.tas.gov.au)

Department of Health and Human Services

The Tasmanian *Move Well Eat Well* Award Program is adapted from the Kids - 'Go for your life' Program. © State of Victoria, Australia. It is a joint Australian and State Government initiative under the National Partnership Agreement on Preventive Health.

