

PARENT NEWSLETTER *Lesson #3*

RULES KEEP US SAFE! WHEN WE USE THEM, WE ARE ALL STARS!




PARENT CONNECTION

In today's hectic climate we often overlook the value of the fact that children like to unload by sharing the day's events with their parent/caregiver, even about things that may seem silly. We teach children that TELL is a crucial part of staying safe. Reinforce this concept by taking a few minutes to actively listen to your child describe his/her day, whether it be about how school went, the trip that he/she took, or the play date at a friend's house.

Communication habits start early. It's hard to pay attention when you're doing too many tasks at once, but if you aren't really listening,

1. You miss an opportunity to learn about and teach your child.
2. Your child learns that you don't really listen, so there's no point in talking.

Listen to the little things and your child will trust you with the big things. The message you are conveying when you take the time to really listen is one of love and understanding. "I love you and therefore want to know what is going on in your life. I am interested in who you are as a person and the way you are feeling."

Today's safety lesson  focused on the importance of having a Buddy wherever we may go. Our Safety Rule is: "TWO IS BETTER THAN ONE."

We discussed the importance of a child staying close to his/her Buddy at all times and what a child should do if separated from his/her Buddy. A Buddy not only ensures that we make safer choices, but will be there to provide help if we are hurt. Examples of a Buddy are:

- Mom/Dad
- Friend/Classmate
- Teacher
- Babysitter
- Relative
- Any adult in charge of a child for a given period of time, such as a play date, where the other child's mother is supervising.



Stress to your child the importance of the TELL if he/she ever gets separated from his/her Buddy. Encourage your child that, if it should happen, he/she should remember to look for a Safe Stranger, such as a mother with children, a cashier or an employee of the store wearing a name tag/store uniform, or a security guard.

When your child returns home from any activity out with his/her Buddy, ask your child about the experience:

- Where did you go? What did you do?
- Did you have a nice time?
- Who was there other than your Buddy?
- Were you comfortable? Is there anything that took place that you would like to discuss?

LESSON 3 / TWO IS BETTER THAN ONE
SCENARIO ONE



Sara wanted to go to the park and her mommy was busy cooking for Shabbos, so she asked her older sister Aviva to take her. Sara loved going to the park with Aviva. Aviva sat down on a bench while Sara played. While Sara was swinging on the monkey bars she spotted some kids from her school on the other side of the jungle gym. She looked over to Aviva to ask her if she could go, but Aviva was on the phone.

Sara was confused and unsure, she did not want to interrupt Aviva's phone call and she figured Aviva will find her.

What do you think? Should she go over to her friends alone?

NIII, it is never safe to wander away from your buddy or go alone. Sara has to stay close to her Grown-Up in Charge. Who is that? Her sister. Sara has to go over to her sister and say in a strong voice, "Can you please take me over to the other side of the park."



Shlomo was with his parents in the airport because they were all going on vacation to Israel. While his parents were talking to the person behind the ticket counter, Shlomo was watching from the window. He wanted to see more airplanes, but they were further down away from his parents. Shlomo thought to himself, "I don't want to bother my parents, it's not *Derech Eretz*. I will just walk over to watch that plane and I'll be right back."

What do you think? Is this safe? Shlomo is feeling excited to see the plane and thinks leaving for a minute is safe. The rule is: **Always stay with your Grown-Up in Charge.** What should Shlomo do? Shlomo needs to say to his parents, "Excuse me mommy and daddy, can you please take me to see the air-plane over there." Remember to always stay with your Grown-Up in Charge.



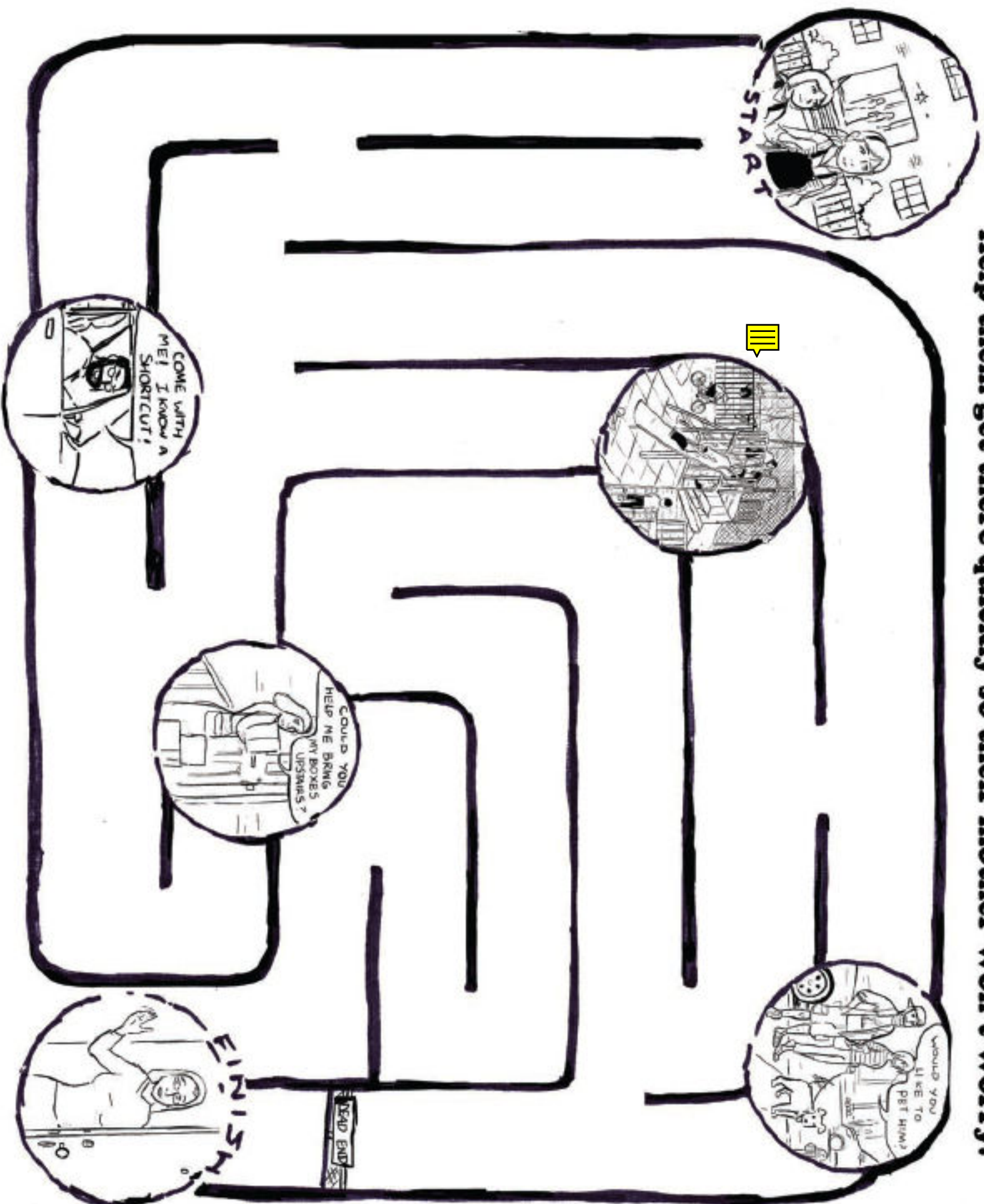
LESSON 3 / TWO IS BETTER THAN ONE
SCENARIO THREE



Some boys were playing in shul in the playroom where their fathers dropped them off before going in to daven. One boy had to use the restroom and decided to go quickly alone.

Is this safe? Have a discussion of what they would do, with the goal being that they should take a friend with them or get their Grown-Up in Charge. There is safety in numbers.

Sara and Kayla's plan was to walk straight home after school.
Help them get there quickly so their mother won't worry.



**TWO IS BETTER THAN ONE.
ALWAYS GO WITH A BUDDY TO
STAY SAFE.**

