

Safe Driving Tips for Parents

Safety comes first when driving, especially with a child on board. That means doing more than making sure you have the correct car seat. Follow this checklist while driving to keep your child safe.

DO: Keep your hands on the wheel at all times. Activities like playing with the radio, eating, drinking, or grooming yourself can lead to an accident.

DO: Pull over if your child needs something. Your child may drop a toy or start crying. Put the car in park before retrieving that toy or checking on your child.

DO: Equip your vehicle with an emergency kit. Pack it with items like extra diapers, jumper cables, a blanket, water, and a backup battery for your phone.

DO: Use your vehicle's safety features to prevent injuries, like child-safe locks and a backup camera.

DO NOT: Use your phone while driving. That includes texting, talking, and checking apps. Turn off your phone. Or put it out of reach, like in a bag or the glovebox.

DO NOT: Leave your child alone in a vehicle—not even for a few minutes. Temperatures in a car can climb quickly, even on cloudy, mild weather days. A child can quickly develop heat stroke.

DO NOT: Drive drowsy. On longer trips, stop every couple of hours to give you and your child a break.

By following this checklist, you will help keep you and your child safe when on the road.