

Planning ahead for family road safety

DID YOU KNOW?

From the infant carrier to a booster seat, you'll spend nearly a decade making decisions about the right car seat. To help you plan and select the best seat to fit your child's needs, as well as locate a certified car seat technician to ensure correct installation, visit <http://www.safercar.gov/parents/CarSeats/Car-Seat-Safety.htm>

GOT KIDS?

It's never too early to #PlanAhead for the day when your kids will begin to drive. After all, safe drivers are not born, they are raised.

- ✓ Even if your kids are far from the driving age, demonstrate now the behavior you'll expect from them later on. Set a good example by turning off and stowing mobile devices when driving.
- ✓ Wear your seat belt on every trip and insist on seat belt use and age-appropriate car seats or booster seats—every time. Never allow a pass when you're "just driving in the neighborhood." Because crashes can happen at any time, it's important to have consistent rules.
- ✓ Establish family rules that include wearing helmets when biking or scootering. If you are consistent and persistent with talking and modeling safety, your kids will make good decisions, even when you're not with them.
- ✓ Talk early and often about what safe and unsafe driving looks like by pointing out—and having your kids point out—various behaviors in the drivers sharing the roads with you.

GOT TEENS?

The brain, specifically the area responsible for making judgments, calculating risks and controlling impulses, hasn't fully matured until the mid-twenties.¹ Planning ahead for driving safety during the teenage years is vital. What can you do?

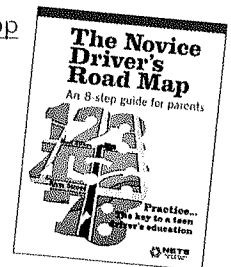
KNOW YOUR GDL. If you have or soon will have a beginner driver, get familiar with the Graduated Driver Licensing (GDL) law in your state. In addition to certain restrictions, most laws require a minimum number of practice hours with a parent or other adult coach before a license can be obtained. For information on your state's GDL, visit <http://www.iihs.org/iihs/topics/laws/graduatedlicenseintro?topicName=teenagers>.

PLAN TO PRACTICE. A LOT. To help, NETS has developed the electronic Novice Driver's Road Map™ (eNDRM). The eNDRM provides a structured approach to coaching teens in a variety of driving environments and allows you to keep track of skills practiced and time logged. To download the FREE eNDRM, visit the NETS website at www.trafficsafety.org.

SET RULES. Establish a parent-teen driving contract that addresses issues such as seat belt use, drugs and alcohol, mobile devices, and more. Include consequences and rewards, and stick to it! NETS has a free parent-teen driving contract that may be downloaded at trafficsafety.org/parent-teen-contract

TALK. A LOT. Role play risky situations. For example, ask your teen what he or she would do if they were a passenger and the driver was texting, speeding or taking other types of risks. Help your child to formulate a plan.

Need some help? The Foundation for Advancing Alcohol Responsibility's (FAAR) program, *I Know Everything*, offers resources on talking with your teen about risky situations: responsibility.org/start-a-conversation/responsibility-teens/i-know-everything/



¹ Giedd, J. N., et al. (1999). "Brain development during childhood and adolescence: A longitudinal MRI study." *Nature Neuroscience* 2(10): 861-863.

GOT AGING PARENTS OR GRANDPARENTS?

Per mile traveled, fatal crash rates increase noticeably starting at ages 70–74 and are highest among drivers age 85 and older.² The right time to begin to limit or stop driving all together will be different for everyone but it is important that families have a conversation with senior members to begin to think about driving retirement so everyone involved can #PlanAhead.

A PLAN FOR LEADING UP TO “THE TALK:”

- Look for signs such as dents or scrapes in the family member’s vehicle
- Take a ride with your senior family member and assess his or her driving. Observe his/her awareness of the driving environment, paying close attention to reaction times and decision-making skills
- Have an alternative mobility plan outlined
- Review these tips from Liberty Mutual on how to start the conversation: www.libertymutual.com/auto-insurance/senior-driving/studies/talking-tips

Nervous about having “the talk” with a parent or grandparent? Maybe you shouldn’t be...

According to a Liberty Mutual survey,³ seniors are more open to having a conversation about limiting driving than their children think.

- 84% of seniors are open to discussions about limiting or stopping their driving
- Only 6% of seniors have had that discussion with adult children
- 78% say they are driving regularly even after reporting declining physical abilities
- 16% say they tire easily or have slow reaction times
- 13% report difficulty seeing or hearing
- 9% report getting lost or feeling confused while driving

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GOT A FAMILY VACATION PLANNED?

Whether flying and then driving in unfamiliar territory or taking a road trip, you can apply many of the same tips from DSWW, along with a few extra considerations when traveling with your family.

FLYING?

Don’t let safety take a vacation. If you will be flying and renting a vehicle with children not old enough for seat belts, #PlanAhead for the proper car seats or booster seats upon arrival. Although rental agencies often have seats available for an extra charge, the best way to ensure you have a good seat that you are familiar with installing is to bring your own. Some airlines will check a car seat or booster seat for free.

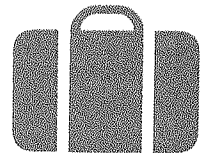


#PlanAhead for the ride from airport to home. As with business travel, thinking through the back end of your trip and considering your probable level of fatigue is crucial. *Remember, you’ll have your family with you.* If you will be arriving home at a time when you are likely to be too tired to drive safely (consider that flight delays could become a factor), #PlanAhead for a ride home from a friend, taxi or car service or plan to stay an extra night near the airport.



TAKING A ROAD TRIP?

- ✓ Drive during times you are normally awake
- ✓ Take breaks every two hours or 100 miles
- ✓ Store heavy items low so they won’t become projectiles during a sudden stop. Secure suitcases, strollers, and anything else stowed in an open cargo area for the same reason
- ✓ Provide children with things to do (books, travel games, etc.) to distract them so they’re not distracting you
- ✓ Before you go, spend some time clicking through the interactive trip planning guide from NHTSA* that includes things like making sure your vehicle is road ready, you have planned for emergencies and more. Include the kids—it’s a great way to involve them in the planning and begin to instill good #PlanAhead habits. www.safercar.gov/SummerDrivingTips



*National Highway Traffic Safety Administration

² Insurance Institute for Highway Safety (IIHS), Fatality Facts 2013, Older people. Arlington (VA): IIHS; 2014
³ Liberty Mutual Survey via ORC International, June 2014

