



Walk to school like a pro

Family guide to a hassle-free
school run

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THE FUN STUFF

Your school trip-ometer





WHY GET STARTED



Benefits of walking to school

An active school run brings many benefits. Here are our top six.

1

Build activity into the family's daily routine

It'll help you meet government guidelines which recommend young people aged 5 to 18 get at least 60 minutes of physical activity every day.

2

Boost your mental health and wellbeing

According to the Mental Health Foundation, physical activity increases mental alertness and helps reduce stress and anxiety.

3

Fewer cars means cleaner air

You experience five times higher pollution levels in a car than on a bike, and three and a half times more than those walking.



4

Increase road safety awareness early and boost independence

Cycling, walking or scooting to school has long-lasting benefits. It helps to develop independent travel and create good habits for an active adult life.

5

Save a small fortune

Not only will you be forking out less on petrol, you might also save money on gym fees, leaving you with more cash in your pocket.

6

Arrive feeling ready to start the day

Teachers find that pupils who walk and cycle arrive at school more relaxed and alert than those who travel by car.

There are loads more reasons why cycling, walking or scooting to school does wonders for the whole family. Want to find out more?

Head to the Sustrans website





HOW TO DO IT

Safety tips for parents walking to school



Top six safety tips for parents walking to school

Ready to walk the walk to school? Well, we've got you covered. We've teamed up with road awareness experts RAFT to get their top six safety tips to follow when walking to school with young ones.



RAFT

ROAD AWARENESS FOR TODDLERS



1

Hold hands when approaching the road

Be sure to hold your child's hand in good time as you approach the road, and be mindful of driveways. If you have two children with you, remember reins or buggyboards can be particularly useful depending on their age.

2

Talk about how to cross roads safely

It's best to do this when you're not in a rush. Take time to point out what a kerb is and where to stop, then look both ways – keep looking in both directions whilst crossing too – and listen for different types of traffic (be mindful of electric cars which are near silent).

3

Discuss safe places to cross

Always try to use zebra crossings, pelican crossings or islands wherever possible. Remember to tell children that they need to wait until the vehicles stop for them before they cross the road.

4

Use clear and direct words

It's important to use clear and directive language with children near roads. Never say 'ok' when it's safe to cross, instead say 'it's safe to cross now'.



5

Talk about traffic

Explain that traffic can be dangerous and hurt us – if we come into contact with a vehicle we won't bounce back like you would in a computer game. A good way to do this can be through road safety books you can find in your local library.

6

Be seen

This is especially important on dull days or darker nights. Use fluorescent and reflective clothing, or brightly coloured coats with reflective material already on them. Your child could decorate their book bag or lunch box with fluorescent and reflective stickers too.

For more road awareness tips for little ones, check out the RAFT website

Take me to the RAFT website





HOW TO DO IT

More walking tips for the school run



More walking tips for the school run

Walking to and from school is an easy way to get in some exercise and spend quality time with your family. It gives you time to chat, bond and really explore your local area.

So, here's a few extra things you can do to help you and your family to walk the walk.





1

Make sure your shoes are made for walking

Wear comfy shoes, or wear trainers and take your kids' school shoes in your bag to change into. Make sure your child's bag isn't too heavy to carry too.

2

Get down to their level

Bend down to their eye level to get an idea of what they can and can't see.

3

Let them take the lead

In quiet areas, gradually allow your children to practise making decisions about where and when to cross roads.

4

Avoid air pollution

Try to find quiet back roads away from traffic and wait a few steps back from crossings where the air is a little cleaner. Walking with a pram or buggy? Pram covers can help to stop young children being heavily exposed to air pollution.



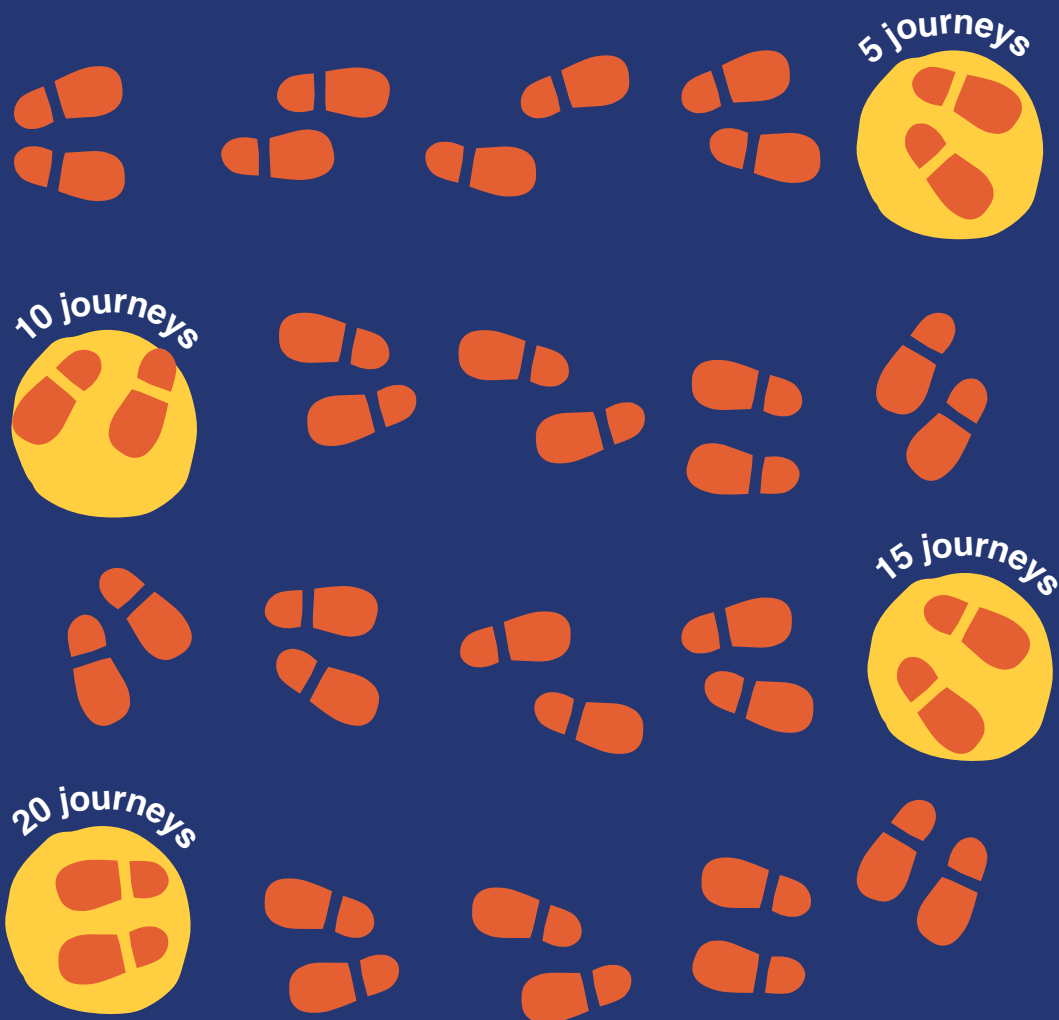
YOUR SCHOOL TRIP-OMETER



Your school trip-ometer

Use this trip-ometer to count up your active journeys to school.

Download a special certificate for every five journeys that you do together. Can you complete all 20? Click on the yellow markers to download and print each certificate. For added fun, invent your own incentives to treat the family every time you cycle, walk or scoot to school.



Sustrans is the charity making it easier for people to walk and cycle.

We connect people and places, create liveable neighbourhoods, transform the school run and deliver a happier, healthier commute.

Find out more at
www.sustrans.org.uk

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