**Behavior:** Automobile Skills (seatbelts)

**Why/Purpose:** To be responsible and be safe in the car.

* To teach children the behaviors that will help to keep them safe in a car.

**Teaching Examples:** *The following are situations that your child might find him/herself in. Use these examples to discuss with your child how to make good decisions while riding in a car.*

* **Uncomfortable**: Your child is in the car with the family on the way to a relative’s house. The ride has taken a long time and your child wants to move around. He/she starts to take off their seat belt. You remind your child that being safe in the car means keeping on a seatbelt. Talk with your child about what they can do to feel less bored and more comfortable (ex. use their words to ask about getting out of the car for a little bit or to play a travel game, keep the seat belt on but shift how you’re sitting).
* **Forgot something:** Your child was in the second row of the mini-van. He/she wanted to get the catchers mitt out of the back of the mini-van. Your child starts to take off the seat belt to jump over the seats and get the mitt. You look at your child and remind them to be safe by asking: “Is that a safe thing to do in the car?” When your child responds: “No, but I really need it.”, begin a discussion about how your child can get what they need in a safe manner (ex. ask the driver to pull over, remember next time to keep the mitt with you in your hand).

**Activities/ Role Plays:**

1. Take your child to the police station to talk to an officer about seat belt laws and why it is important that they are obeyed.
2. Role-play taking a drive. Have your child be the adult and you play the child who does not want to wear his/her seat belt.
3. Make an activity booklet/car game to interest your child so that they stay in their seat with the seatbelt on.

**Follow-up/Reinforcement Activities:**

1. **Before** starting the car, remind your child to be safe by putting his/her seat belt on and by staying in the seat.
2. **Before** starting the car, ask your child if they have everything they need.
3. Praise your child for wearing their seat belt and for staying in his/her seat.