



Nancy Hightshoe Seminars

Tips for Keeping Your Children OUT OF HARM'S WAY

NEVER, under ANY circumstances, leave your children alone in the car. Not even for a moment.

In February of 2000, 6-year-old Jake Robel was left alone in the family car for just a moment. The vehicle was carjacked. The bottom line is that Jake did not survive the incident. The entire story would break your heart. Please, either take your children in with you or leave them at home.

Consider trading babysitting services with a family member or friend. Your child will have fun, your stress level will decrease and you'll be finished more quickly. (This is part of the Planning Ahead Philosophy!)

Note what your child is wearing especially shoes when shopping or at the Kids' Pizza & Game Parlor or cultural destinations like the zoo, museums or botanical gardens. A predator planning on child abduction may bring clothing and a hat or spray-on hair color to change the appearance of an abducted child, but they rarely bring shoes.

Know where your children are ALWAYS. The little ones (under 6) need to be within sight and control of an adult who has responsibility for them. (How many children drown every year when they are out of sight?)

- When you are shopping or sight-seeing, **tuck a card in the pocket** of each child with your name, home phone and cell phone. If you're out of town, include both hometown information and how to contact you on that day.

This is also good advice for **traveling adults** who are out jogging, etc. without wallet, purse or other ID.



- **Keeping track of teens is a definite challenge.** (Remember, what doesn't kill you makes you stronger!) Teenaged girls have the highest rate of abduction. Teenagers are often involved in alcohol-related incidents (auto accidents, victims of assaults). Without scaring your children, discuss these issues with them. They are old enough to make responsible safety choices when they understand the dangers and their options.

- When they are at the mall or out with friends, encourage your children to use the **Buddy System. Two or more individuals together reduces the chances of assault by 50%.**