

Active travel with young children



when travelling to
childcare and early
years settings

A practical guide for
parents and carers
about safer, active
and sustainable
travel to your child's
nursery, pre-school,
childminders or other
early years setting.



Scan here for the School
Travel web pages



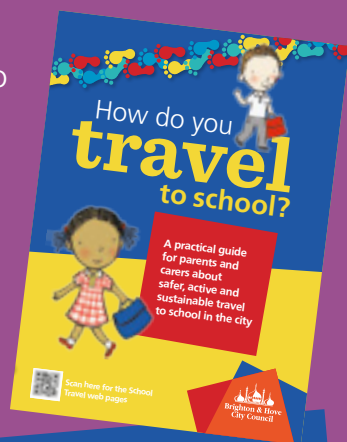
Brighton & Hove
City Council

Welcome to **Active travel with young children** brought to you by the School Travel Team at Brighton and Hove City Council.

This booklet aims to give you a few ideas to help you and your family make choices about the way you travel to your child's early years or childcare setting.

It also tells you about some of the things childcare providers across the city are doing to encourage safer, active and sustainable travel to their settings.

If you have primary school aged children, or a child moving on to a Reception class, please also look out for our booklet **'How do you travel to school?'** a practical guide for parents and carers about safer, active and sustainable travel to school in the city. This is available on-line at www.brighton-hove.gov.uk/schooltravel or you can request a copy via the contact details on page 16.



If you would like further information about anything in this booklet, or if you have any questions, you will find our contact details on page 16.

Please also see

www.brighton-hove.gov.uk/early-years-travel

www.brighton-hove.gov.uk/schooltravel



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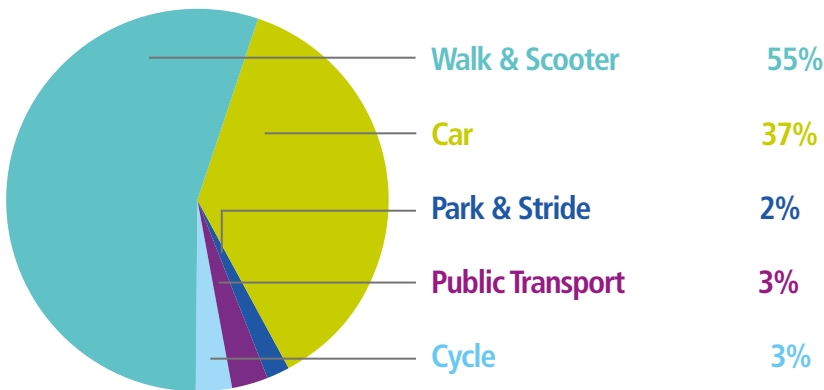
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How do families travel to their early years settings and childcare providers?

In Brighton & Hove there are around 150 early years settings and childcare providers, including nurseries, pre-schools, nursery classes etc, and also many childminders.

The chart below gives a snapshot of how families travelled to their early years settings in 2015

How families travelled to Early Years in 2015*



The Brighton and Hove City Council Early Years Mode of Travel Survey shows that over a third of families travelled to their early years setting by car in 2015, and over half the journeys were made on foot and scooting.

Every year we gather data for how children travel to school across the city. We have now started to gather data for how families travel to their early years and childcare settings. In 2015, around 50% of children walked and scooted to school.

www.brighton-hove.gov.uk/early-years-travel

*Source: BHCC Early Years Mode of Travel Survey 2015

What we are working towards

Our main priorities are:

- to encourage families to choose safer, more active and sustainable travel options as an alternative to driving
- to reduce road traffic, ease congestion and reduce carbon emissions, especially on routes to schools and early years settings
- to contribute towards the immediate and long-term health and well-being of children and young people
- to provide guidance and support to early years settings which, by working towards Modeshift STARS accreditation, are actively promoting active travel
- allocating road safety resources, for example training and educational resources, to those settings which, through their work towards STARS accreditation, have highlighted a need for these

'My favourite way of travelling to school' competition 2015.
by Kit, aged 4





How much physical activity is recommended?

Being physically active is a really important aspect of health and well-being for all of us.

It's surprisingly easy to get enough exercise to significantly benefit your health and wellbeing. The illustration opposite shows you what health experts recommend, but the important thing is to build on what you are doing already and minimise the amount of time you spend sitting. Sedentary

behaviour has a negative effect on health and research suggests you should break up bouts of sitting every 30 minutes by getting up and moving – even if it's just to go and make a cup of tea or do a few stretches! Moderate level activity is any activity which raises your heartbeat, makes you breathe a bit faster, feel a bit warmer, but where you can still talk comfortably.

How can active travel help with the recommended activity levels?

Walking, cycling, or park & striding to your early years setting, or for your onward journey, can contribute significantly to your recommended activity levels. For example, the average person will walk 1 mile in 20 minutes. So in 30 minutes you can walk about 1½ miles. If you walk for 30 minutes several times a week

to or from your child's early years setting, this will contribute to your recommended 5 or more days a week of moderate intensity activity.

If your child walks or scoots on all or part of the journey to and from early years this will also contribute to their own recommended daily activity levels.

Benefits

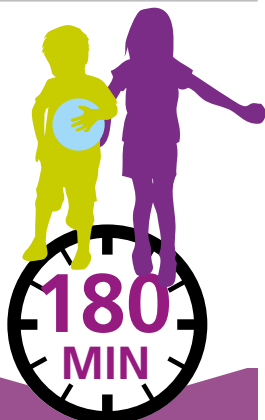
- Healthy weight • Flexibility • Prevent diabetes & cancer
- Reduce stress • Make new friends • Improved energy
- Halve risk of heart attack & stroke

For more information about recommended activity levels the following websites are useful: www.nhs.uk/livewell/fitness and www.bhfactive.org.uk.

Also see www.brighton-hove.gov.uk/oneyou

CHILDREN UNDER 5

capable of walking



Of physical activity every day, of any intensity (light or more energetic) spread throughout the day.

CHILDREN AND YOUNG PEOPLE



Of moderate to vigorous activity at least daily, and including exercise that strengthens bones and muscles.

ADULTS



5 or more days a week of moderate intensity activity, to include activities to improve muscle strength on at least two days a week.

Walking with young children

Walking to early years

Walking with your child to their early years setting is a great way to help achieve your child's, as well as your own, daily recommended activity levels (see page 4-5).

It can also be a great way for you and your child to start and finish the day, allowing you to spend some 'quality' time with your child. On the journey there, you can talk about all the things you see, and on the journey home you can chat about what they have done that day.

Walking with your child is also a good time to educate your child, from a very young age, in road safety skills. They will go on to develop these skills through primary school, and will be more ready to walk safely and independently to secondary school when the time comes.

If you don't walk to your early years setting already, why not consider trying it out, or at least walking part of the way? If you

need to drive, why not park your car away from the setting and walk the last 5 minutes?

Baby and child carriers

There are a wide range of baby and child carriers available, from front carriers for very young babies to rucksack-style carriers suitable for carrying a toddler on your back.

Carriers allow you to walk more places than with a buggy, but do take care not to trip up or lose your balance. Carriers also take up less storage space than a buggy.

Buggies and buggy safety

Buggies are great for young children when you want to get somewhere quickly, or if your child is tired. If you have time, your child can also get out of the buggy and walk, allowing them to be active.





When using a buggy:

- Always make sure that your child is strapped in securely
- If your child decides to walk, or you have an older child on foot, make sure they hold onto the buggy tightly, and that you are walking between your child and the traffic
- Take care when crossing the road - if you have to cross between park cars, don't push the buggy into the road in front of you, but stand by the side of the buggy to check for traffic before you cross
- Use the brakes when you are stationary

Teaching road safety skills and awareness

Children can be safe on the streets if we show them how:

Set a good example – don't take risks, and don't use your mobile phone when crossing

Hold hands near traffic, or ask your child to hold onto the buggy. Make sure your child walks on the side of the pavement away from the traffic

Wear bright and reflective clothing as this will help other road users see you

Use safe places to cross, ideally at a crossing or away from parked cars. Stop, look and listen, and when it's clear, walk straight across

Talk about the traffic you see and the best places to cross. Ask questions about the speed and size of different vehicles

For more information see **www.think.direct.gov.uk/education**

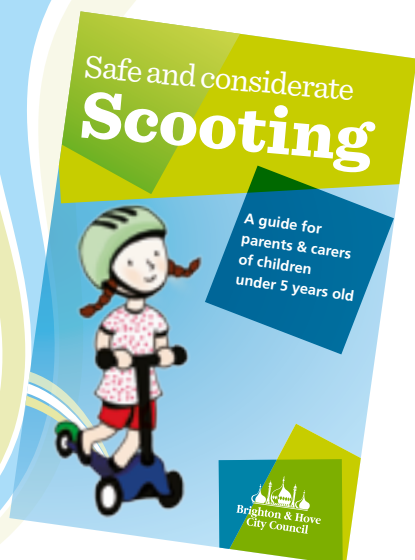
Park & Stride

Park & Stride simply means driving some of the way to your early years setting, parking up away from the entrance and walking the rest of the way.

Park & Stride is particularly good for families that live a long way from the setting and/or can't walk the whole way. It has the added benefit of reducing congestion around the entrance, making it safer for other parents and children as they arrive at the setting.



Scooting & cycling with young children



Scooting

Scooting is a fun, healthy and active way to get to your early years setting. Young children are often able to scoot much longer distances than they would be happy to walk! Scooting helps children develop road safety awareness, as well as skills which are essential for cycling, such as balancing, steering and stopping.

Teach your child the 'Scooter Golden Rules':

- Always scoot with an adult
- Stop at kerbs and driveways

- Get off your scooter and push to cross the road
- Don't scoot down steep hills

Make sure your child is wearing suitable clothing and footwear, with nothing trailing, as these could get caught or tangled. A suitable, well-fitting helmet is a good idea.

Teach your child to be considerate of other people on the pavement, and to get off their scooter and push if it is busy.

For more information, you can find our '**Safe and Considerate Scooting**' guide for parents and carers at **www.brighton-hove.gov.uk/early-years-scooting**

Scooter Training for early years

A number of early years settings run scooter training sessions, teaching the children basic scooting skills. Ask your child's setting if they are planning to do some scooter training. We can provide resources and certificates.

See here for more information
www.brighton-hove.gov.uk/early-years-scooter-training

Cycling with young children

Cycling is a good way to get around with young children, and there are many types of carriers, seats and trailers you can use. Talk to local bike shops about what there is available to fit your bike, as not all carriers are suitable for all bikes. Try to test some different carriers, and get the seat/carrier/trailer fitted properly.

- Helmets are recommended for children. This should be correctly adjusted and fitted
- A rear view mirror means you can glance at your child rather than twisting round to see them

- Bikes with child seats can be unstable and can fall over easily – never leave them unattended, or leaning against a wall
- Make sure your child is suitably dressed for, and protected from, the weather. They will get colder than you, so keep them warm.

Make sure there is somewhere safe to lock your bike to outside your early years setting.

For more information about cycling in the city see:
www.brighton-hove.gov.uk/cycling



Driving with young children

If you need to drive your child to early years

For the safety of your child, their friends, and the local community you have a responsibility to park safely, legally and considerately.

This means not parking on single or double yellow lines; not double parking; not stopping or dropping off on School

Keep Clear yellow zigzags or pedestrian crossing white zigzag lines; not parking on corners or junctions near the entrance to your early years setting; not blocking driveways.

What can I do instead?

Try 'Park and Stride' – park away from the setting entrance and walk the last 5 or 10 minutes. The average person will walk half a mile in 10 minutes.

Try Car Sharing – if you have to drive, try and get together with other parents who need to go by car and take it in turns to drive.

Walking to early years contributes to the recommended daily physical activity for you and your child. It also helps to reduce congestion around the setting and helps to improve air quality, providing benefits to everyone.

You could start by doing any of these just once or twice a week.

Child Seatbelts, Child Car Seats, and the Law

If you are driving your child to early years, it is important that you understand the law on child seatbelts. See the back cover of this booklet for a summary of the seat belt laws.

For further advice and information see

www.childcarseats.org.uk

In car safety

Ideally you should always put your child into the car from the pavement side, not the road side.

- Make sure there are no loose items in the car, as objects can fly about in a collision. Store loose items in the glove box, or the boot

- Encourage good car behaviour, such as not trying to get out of seat belts or car seats, not distracting the driver and not playing with the locks
- Use the child locks so your child can't open the door when the car is moving
- Never allow a child to play unsupervised in a parked car as they could release the hand brake or get locked in

Parking Enforcement

Civil Enforcement Officers (CEOs) patrol areas where illegal and dangerous parking is a potential threat to child safety. Also, they can now issue 'Postal' Penalty Charge Notices (PCNs) for illegal stopping/parking, including for stopping on School Keep Clears yellow zig-zags markings, which are located outside many schools in the city. The CEO takes photos of the illegally stopped vehicle, and the owner will receive a PCN in the post.

To report parking problems outside schools contact

Schools' Parking Enforcement
0845 6035469 Option 3

To report anti-social driving visit
www.operationcrackdown.org



Brighton & Hove – A 20mph City

A 20mph speed limit has been introduced in much of the city. A key aim of the lower limit is to improve safety on the journey to school, making walking and cycling to school, as well as early years settings, a safer choice.

For more details visit
www.brighton-hove.gov.uk/20mph

Driving, cycling, walking
or riding?

Share the Roads,
Share the Responsibility

Active travel to early years

5 Minute Walking Zone maps

A 5 Minute Walking Zone map is centred around your early years setting, showing a 5 minute walking distance from the entrance. This map can be used as a visual 'nudge' to parents, carers & staff showing them how close they may live to the setting and how little time it may take to walk.

Many early years settings across the city have a '5 Minute Walking Zone' map. These settings encourage all families who live within the 5 minute walking zone to walk to the setting if they can. Those with longer journeys who are driving are encouraged to park safely outside the walking zone, and walk the last 5 minutes of their journey.



You may not be able to do this every day, but maybe you could start by doing this once a week?

Walking is a great way to improve the general health of the whole family and will reduce traffic and congestion around the entrance to the setting, improving the local environment for the whole community.

If you travel by bus, why not get off the bus a couple of stops early, and walk the last 5 minutes?

If you walk to your early years setting already, why not use the idea of a 5 minute walking zone for other journeys you make by car or bus, or even make your own 10 or 15 minute walking zone for other journeys.

Has your child's early years setting got a '5 Minute Walking Zone' map? If not, ask your setting to contact the School Travel Team (contact deals on page 16) to request one.

Walking Week

Over 50 early years settings and childminders took part in the city's first ever Walking Week in October 2015. We are planning to have more 'Walking Weeks' in the city, at the same time as Walk to School Week and Walk to School Month which many schools in the city take part in every May and October.

Walking Week encourages parents, carers, children and staff to walk to their childcare or early years setting. If you need to drive, we are encouraging families to park up and walk at least the last 5 minutes of their journey.

Does your child's setting promote Walking Week? If not, ask them to contact us (contact details on page 16) and we can send them some resources.

For more information see **www.brighton-hove.gov.uk/early-years-walking-week**



Modeshift STARS

Modeshift STARS is the national awards scheme that has been established to recognise schools & early years settings that have demonstrated excellence in supporting walking, cycling and other forms of sustainable travel.

An increasing number of early years settings across the country are achieving their Modeshift STARS Bronze, Silver or Gold accreditation.

The scheme encourages schools and early years settings across the country to join in a major effort to increase levels of sustainable and active travel in order to improve the health and well-being of children and young people.

Has your child's early years setting achieved Modeshift STARS accreditation? If not, ask your setting to contact the School Travel Team (contact details on page 16) to get started!

For more information see **www.modeshiftstars.org**
www.brighton-hove.gov.uk/early-years-travel

Travelling by bus and train with young children

Travelling by bus with young children

The city has an extensive bus network, and most settings will be within a short route of a bus stop.

Even if you don't need to travel by bus to your early years setting, why not look at how your onward journey could be made by bus?

Children under 5 travel free with an adult on buses in the city (up to three infants can travel with each adult).

For older children, a free Brighton & Hove Bus Company busID card entitles those aged 5-19 to discounted bus fares. A busID also entitles you to reduced rates for day, week or three month SAVER tickets. Up to three busID holders can travel with each accompanying adult. Further terms and conditions apply. Brighton & Hove Bus Company now operate a new smartcard system, called the key.



For further information and to apply for a busID or a keycard, contact Brighton and Hove & Bus Company.

Brighton & Hove Bus Company 01273 886200
www.buses.co.uk/tickets

A number of other bus companies operate bus routes throughout the city. For further information see **www.brighton-hove.gov.uk/publictransport**

Buggies on buses

All Brighton & Hove's Bus Company's routes are operated with accessible buses, and many bus stops in the city have become easily accessible, with raised kerbs so that the bus can get right next to the kerb.

The buggy capacity on a bus depends on the size and types of buggies. If you can, consider using a small, light-weight buggy which folds easily, on bus journeys.

If a wheelchair user needs the space, drivers will ask you to vacate the space and if necessary fold up your buggy.

Bus safety with young children

If your child is on foot, hold your child's hand when waiting for the bus, and stand well back from the kerb.

Make sure your child sits in their seat while the bus is moving – they shouldn't kneel or get up.

Hold hands while you get off the bus.

Never cross the road in front of or behind a bus, as the drivers will not be able to see you.



Travelling by train

There are 8 railway stations in the city all located close to residential areas and served by buses.

Children under 5 travel free, and child fares apply from 5-15. On many off-peak journeys children can travel for £2 each, when accompanied by an adult.

Have you looked at whether your onward journey from your child's early years setting can be done by train?

For more information about train services in the city go to

www.nationalrail.co.uk
Brighton & Hove City Council
Public Transport Team
01273 292480

Useful contacts at Brighton & Hove City Council

School Travel Team

Early Years initiatives and
Travel Plans

01273 292357

Road Safety Publicity & Initiatives

01273 292258

Schools' Parking Enforcement

0845 6035469 Option 3

Public Transport Team

01273 292480

Active for Life/Sports Development

01273 292724

Healthwalks

01273 292564 or 01273 292574

For further information, or
to comment on this booklet
please email
[road.safety@brighton-hove.
gov.uk](mailto:road.safety@brighton-hove.gov.uk)



Useful websites

Brighton & Hove City Council

Early Years active travel:

www.brighton-hove.gov.uk/early-years-travel

School travel: www.brighton-hove.gov.uk/schooltravel

Road safety: www.brighton-hove.gov.uk/roadsafety

Active for Life: www.brighton-hove.gov.uk/sportsdevelopment

Healthwalks: www.brighton-hove.gov.uk/healthwalks

Active travel advice

Sustrans: www.sustrans.org.uk/families

Change 4 Life: www.nhs.uk/change4life click on 'Get going'

Recommended activity levels

NHS: www.nhs.uk/livewell/fitness

British Heart Foundation: www.bhfactive.org.uk

Road safety

Department for Transport: www.think.direct.gov.uk

Road safety charity: www.brake.org.uk

Car seat information: www.childcarseats.org.uk

Child Accident Prevention Trust: www.capt.org.uk/safety-advice

Cycling

Sustrans: www.sustrans.org.uk/get-cycling

In Brighton & Hove: www.brighton-hove.gov.uk/cycling

Public transport – trains and buses

Brighton & Hove City Council:

www.brighton-hove.gov.uk/publictransport

Traveline: www.traveline.info

Trains: www.nationalrail.co.uk

Summary of the Seat Belt Laws for Cars, Taxis and Private Hire Cars

	Front seat	Rear seat	Who is responsible?
Driver	Seat belt MUST be worn if available.		Driver
Children under 3 years old	Correct child restraint MUST be used.	Correct child restraint MUST be used If one is not available in a taxi, then the child may travel unrestrained in the rear	Driver
Children aged 3 and above, until they reach EITHER their 12th birthday OR 135cm in height	Correct child restraint MUST be used	Where seat belts fitted, correct child restraint MUST be used MUST use adult belt if the correct child restraint is not available in three scenarios: <ul style="list-style-type: none"> - in a licensed taxi or private hire vehicle; - for a short distance for reason of unexpected necessity; - two occupied child restraints prevent fitment of a third. In addition, a child 3 and over may travel unrestrained in the rear seat of a vehicle if seat belts are not available	Driver
Child over 1.35 metres, or 12 to 13 years	Seat belt MUST be worn if available	Seat belt MUST be worn if available	Driver
Adult passengers (ie 14 years and over)	Seat belt MUST be worn if available	Seat belt MUST be worn if available	Passenger