

Check First

This lesson teaches children that they should **Check First** with their Grown-up before making certain decisions. When your children Check First with you, you gain more opportunities to teach them how to make **Safe and Smart Choices**. For example, consider how many times you have modeled for your children, “Look both ways before crossing the street.” In this lesson children were taught to **Check First** before answering the door, before leaving the house, before agreeing to help someone, before accepting a ride in a car, and before changing plans.

The children role-played situations in which they used the **Check First** safety rule to make **Safe and Smart Choices**. Role-plays included situations such as:

- Checking First with their Grown-up before answering the door
- Checking First with their Grown-up before going outside to play

These skills were reinforced through the **Check First Song**, which the children sang together with the **KidSafe** instructor. See the attached song sheet and have fun singing the song along with your child.

Continue the KidSafe Conversation at Home

- Teach your children to **Check First** with you. Explain to your children that if they are unsure about a situation, they should always **Check First** with you.
- Ask your children to give you examples of when they should Check First. For example, before opening the front door, going outside to play, helping someone older, and taking a ride in a car. Present your children with examples of when you would want them to Check First with you.
- Ask your children to demonstrate the **Check First** sign that they learned. This is done by making a fist in front of you with a bent elbow as you bend your knees slightly (“check”), then raising your arm and pointing your index finger in the air (“first”).
- Play the **What if?** game. For example, ask,
 - “What if you look out the window and see your friends playing outside. You want to play with them. What would you say? What would you do?” (Answer: Check First with my Grown-up before going outside to play.)
 - “What if you are at home and the doorbell rings but your Grown-up doesn’t hear it? What would you do?” (Answer: Check First by going to my Grown-up and letting them know there is a knock at the door.)