

A PARENT'S GUIDE AND SUMMER SAFETY CHECKLIST

(AGES 5–12)

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Summer is a wonderful time for children to explore, play, attend camps, enjoy family outings, and build independence. It also often means more time at home, increased screen time, and more opportunities for children to make everyday decisions on their own.

Taking just a few minutes to review important safety and life skills can help children stay safe, make smart choices, and grow in confidence throughout the summer.

Use this guide as a conversation starter and this checklist as a fun way to practice new skills together. Check off each item as your child learns and demonstrates it.

Practice these skills together, then check them off as your child learns them.

HOME SAFETY

Practice these skills together, then check them off as your child learns them.

- ☐ Can state their full name.
- ☐ Knows their home address.
- ☐ Knows a parent or caregiver's phone number.
- ☐ Knows what to do if someone knocks at the door.
- ☐ Knows what to do if they smell smoke or hear a smoke alarm.
- ☐ Knows when and how to call 911.
- ☐ Can identify trusted adults they can go to for help.

Parent Tip: *Even if your child isn't staying home alone, practicing these skills helps prepare them for unexpected situations and builds confidence in emergencies.*



OUTDOOR & COMMUNITY SAFETY

- ☐ Stays within sight of a trusted adult or agreed-upon area.
- ☐ Knows what to do if separated from a caregiver and how to ask a trusted adult for assistance.
- ☐ Tells an adult before changing locations.
- ☐ Crosses the street safely by looking both ways and using crosswalks whenever possible.
- ☐ Wears a helmet when riding a bike, scooter, or skateboard.
- ☐ Carries a water bottle and stays hydrated.
- ☐ Applies sunscreen before going outside.
- ☐ Knows never to approach wild animals—even if they look friendly.

Conversation Starter: *"If you got separated from me at the park or a community event, what would you do?"*

PEOPLE SAFETY

- ☐ Trusts their instincts.
- ☐ Says "No" to unwanted touch or unsafe situations.
- ☐ Leaves unsafe or uncomfortable situations when possible.
- ☐ Tells a trusted adult if they feel unsafe.
- ☐ Knows the difference between surprises and secrets.
- ☐ Understands personal boundaries and body autonomy.
- ☐ Can identify trusted adults at home, school, and in the community.
- ☐ Never goes anywhere without a trusted adult's permission.

Parent Tip: *Let your child know they can always come to you with questions or concerns, and that they will never get in trouble for speaking up about something that makes them feel unsafe.*



DIGITAL SAFETY

- ☐ Knows not to share personal information online.
- ☐ Never shares passwords with friends.
- ☐ Thinks before posting photos, videos, or comments.
- ☐ Asks permission before downloading apps or chatting with someone new online.
- ☐ Tells an adult if something online feels uncomfortable or unsafe.
- ☐ Understands that not everything online is true.
- ☐ Knows how to block or report someone if needed.
- ☐ Has helped create a family screen-time agreement.

Family Tip: Children are more likely to follow expectations when they help create them. Consider making a family technology agreement together.

PARK & PLAYGROUND SAFETY

- ☐ Plays where a trusted adult can see them.
- ☐ Uses playground equipment safely and waits their turn.
- ☐ Drinks water regularly while playing.
- ☐ Wears appropriate footwear while playing.
- ☐ Treats others with kindness and respect.
- ☐ Knows when it's time to come home.



HEAT & WATER SAFETY

- ☐ Drinks water regularly on hot days.
- ☐ Wears a hat on sunny days.
- ☐ Takes breaks in the shade.
- ☐ Reapplies sunscreen throughout the day.
- ☐ Knows never to swim without adult supervision.
- ☐ Follows pool and waterfront safety rules.
- ☐ Wears a properly fitted life jacket when boating or participating in water activities.

BASIC FIRST AID AWARENESS

Talk through common summer injuries and when it's important to ask an adult for help.

- ☐ Scrapes and small cuts
- ☐ Bee stings
- ☐ Splinters
- ☐ Blisters
- ☐ Minor burns
- ☐ Nosebleeds
- ☐ When to tell an adult if they are hurt, worried, or unsure what to do



BUILDING INDEPENDENCE

Summer is the perfect time to build confidence through everyday life skills.

- ☐ Can make a simple snack.
- ☐ Can pack a backpack for an outing.
- ☐ Can read a weather forecast.
- ☐ Can help write a grocery list.
- ☐ Can compare prices while shopping.
- ☐ Can fold laundry.
- ☐ Can follow a simple recipe with supervision.
- ☐ Cleans up after activities and takes responsibility for their belongings.

Remember: *Confidence grows through practice, not perfection.*



GROWING SAFE, CONFIDENT & INDEPENDENT

Summer is a great time for children to build confidence, independence, and everyday safety skills. By practicing together, you're helping your child become more prepared for new experiences.

Every child learns at their own pace. Celebrate their progress, keep practicing together, and revisit these skills throughout the summer.

From all of us at Sakeenah Canada, we wish you and your family a safe, fun, and memorable summer!

Looking for more parenting resources? Visit our Resources page for additional guides, activities, and family-friendly tips.

