

Alex at the playground



Story by
Kathryn Johnson

Illustrations by
JP Fallavollita



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Alex at the playground
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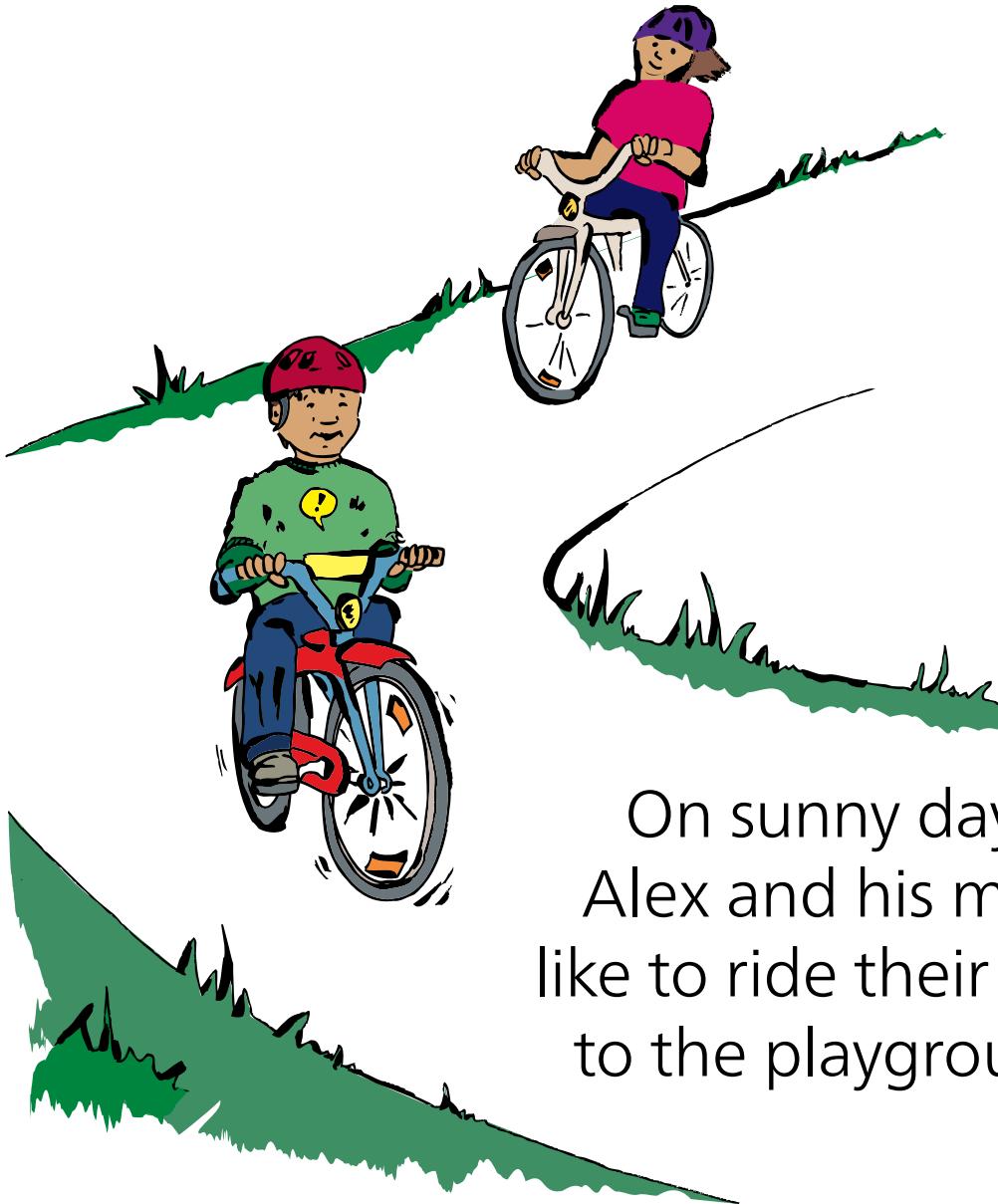
**Illustrations by
JP Fallavollita**

This is
Alex.





Alex has brown hair
and brown eyes.



On sunny days,
Alex and his mom
like to ride their bikes
to the playground.



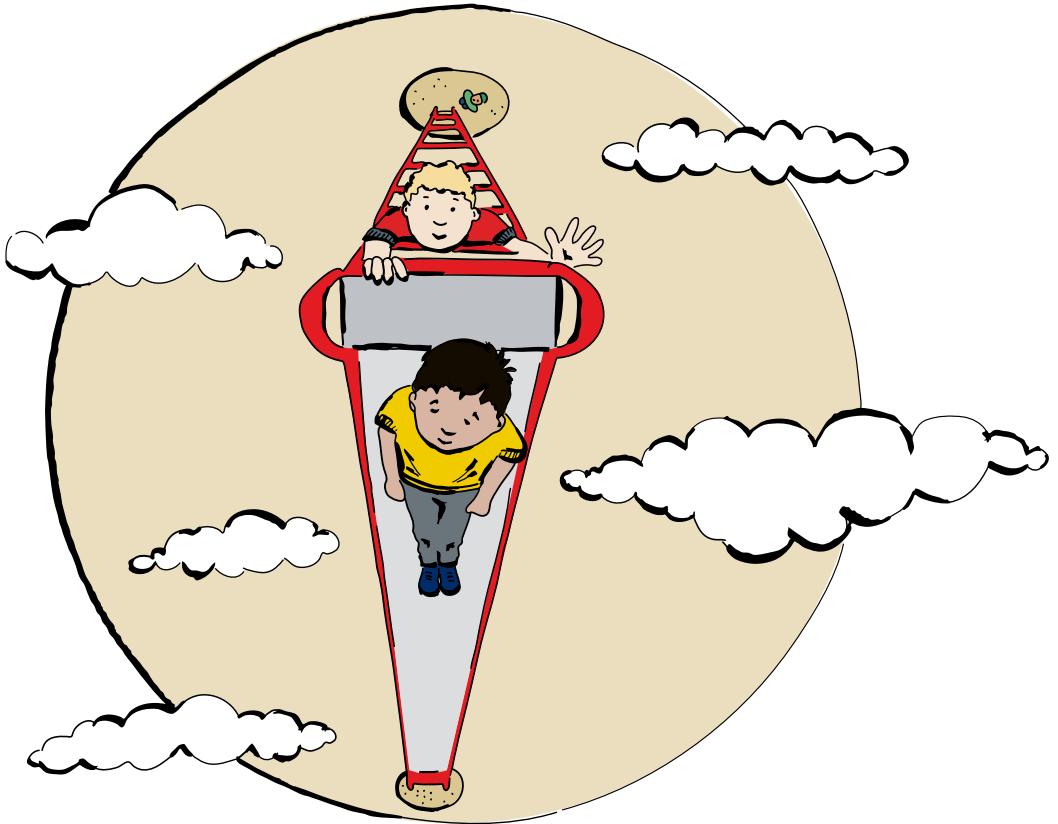
When they
get there, Alex
takes off his bike
helmet before he
starts to play.



One of Alex's favourite things to do at the playground is play with his friends.



Some of his
friends are
bigger than
him and
some of his
friends are
smaller.



Alex's big friends run over to the large slide. They have to climb **up high** to get to the top. Alex wants to go too.



Alex's mom says,
"You can play
on this slide.
**It is just the right
size for you."**



Alex sighs,
"Aww mom."
Then he climbs
UP the slide.

"Remember Alex,"
his mom says,
"You sit on your
bottom and you slide
DOWN the slide."

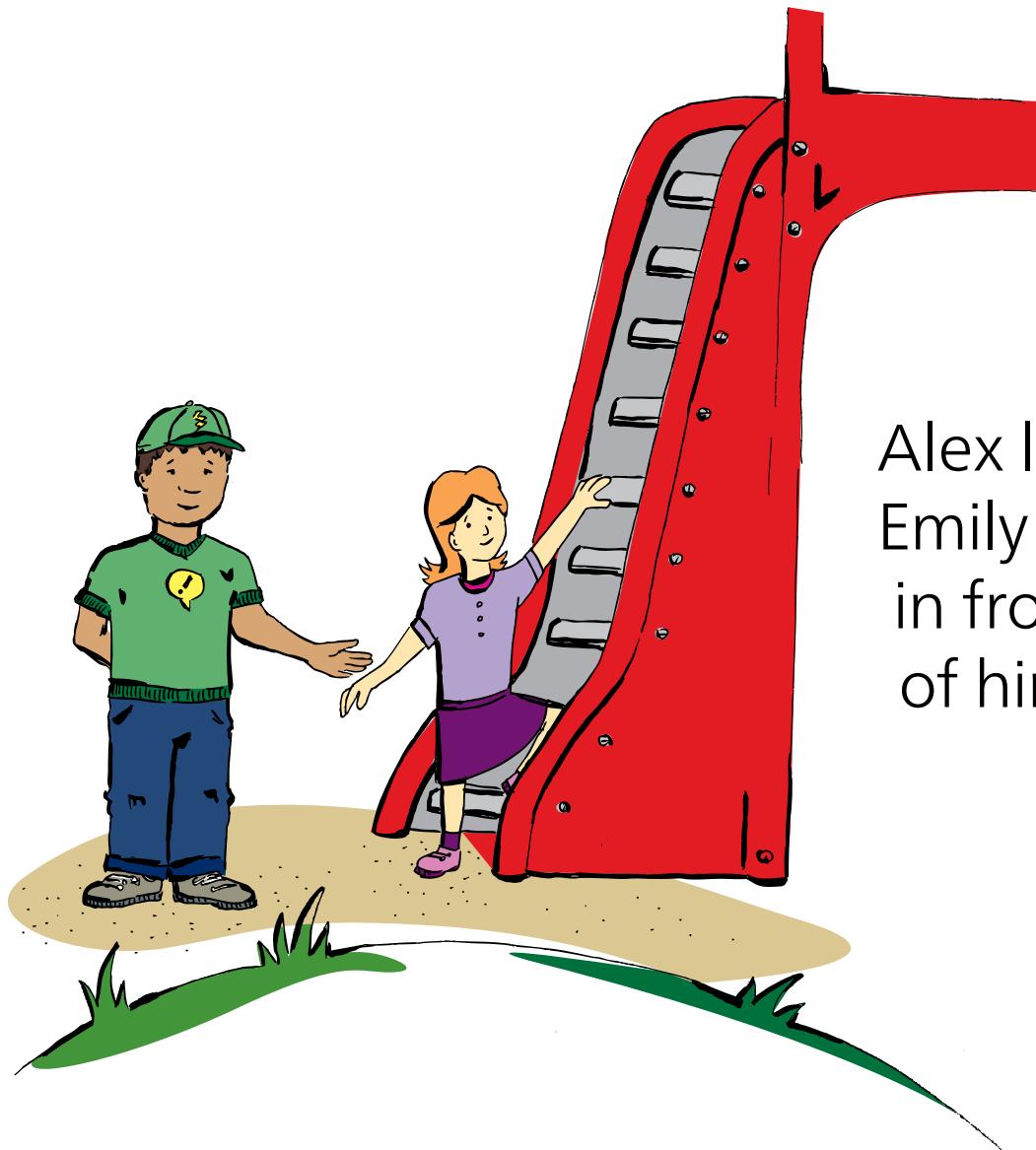




Alex *really* wants to get to the top of the slide. He runs in front of his friend Emily.

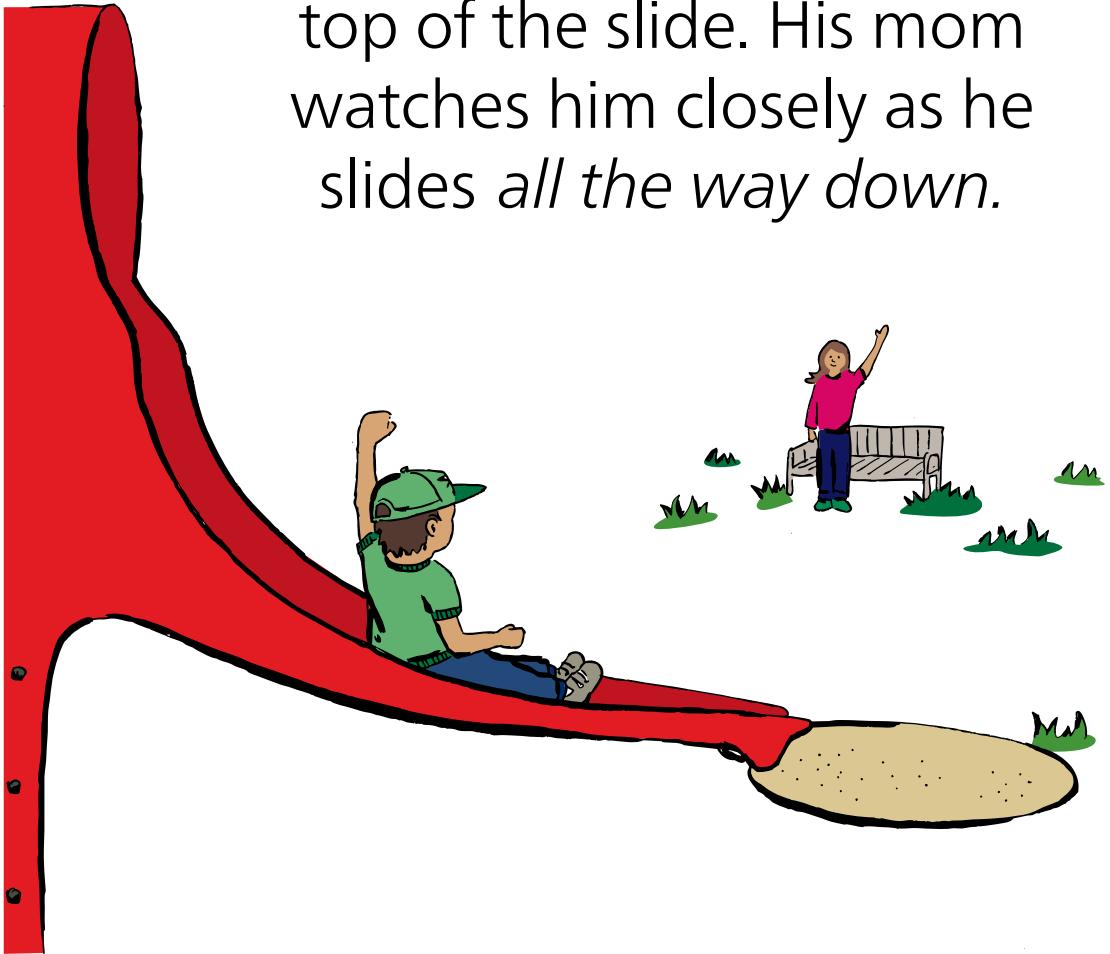


“We **take turns** at the playground and Emily was there first,” Alex’s mom reminds him.



Alex lets
Emily go
in front
of him.

*Finally, Alex climbs to the top of the slide. His mom watches him closely as he slides *all the way down*.*



“Whoo Hoo!”
Alex shouts.
“This is fun.”



Just before Alex decides to check out the swings, he looks down and stops.



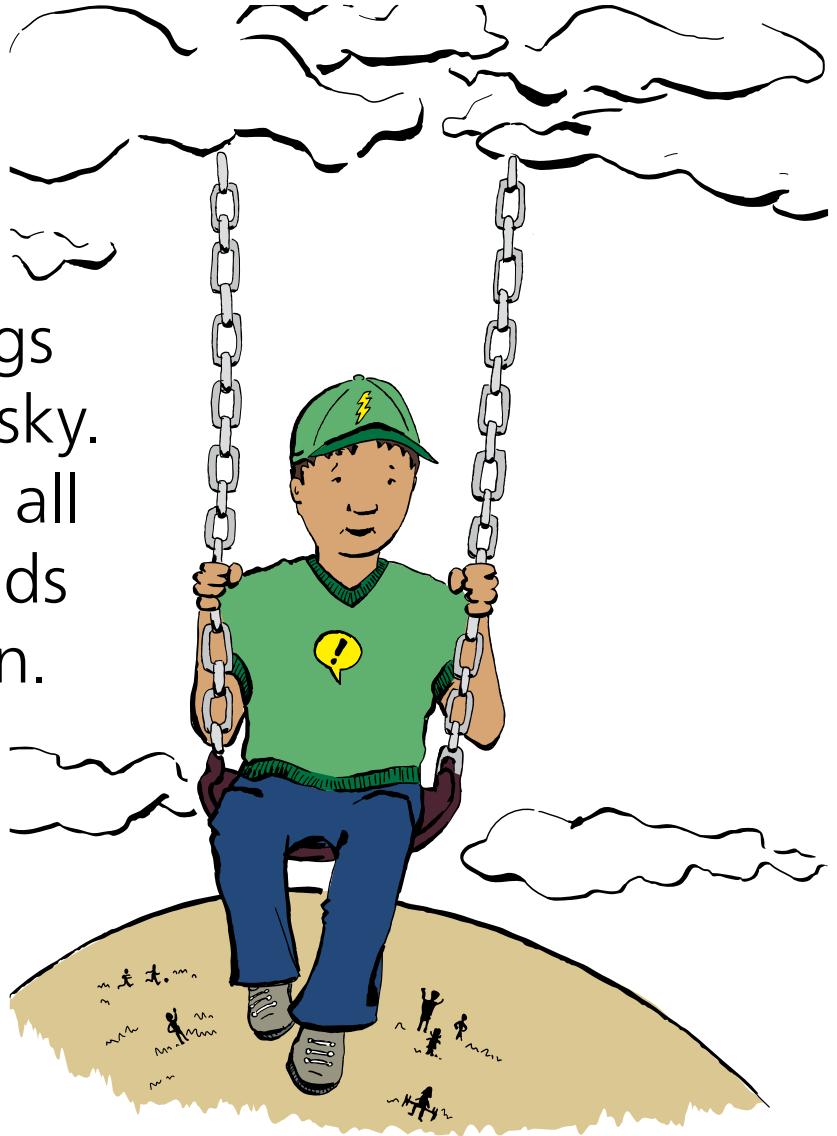


His shoelace is undone. He bends down to tie it up. He doesn't want to trip and fall. "Whew, close call," he says.



Alex runs over to the swings, but he remembers not to run behind the swings, and he remembers to wait for his turn.

Alex swings
high in the sky.
He can see all
of his friends
having fun.



“Hey mom,”
Alex says,
“you know
I really like
coming to the
playground
with you.”





Alex's mom
gives him
a great big
hug, "I like
coming to the
playground
with you too."

INJURIES are PREVENTABLE

A message to parents about playground safety.

Kids are curious, active and imaginative! They enjoy jumping, balancing and climbing. To remain healthy they need to be active everyday.

Kids often think they can do more than they are able to do, and they may not always see the danger in what they are doing. They are most at risk when there is a lack of adult supervision, and when there are many children on the equipment. It is important to talk about playground safety rules with your child from the very first time they go to a playground and reinforce rules if they forget.

Teach your child the playground safety rules:

- Wait your turn
- Slide down feet first
- Don't go up the slide ladder until the other person has gone down the slide
- Hold on to railings
- Sit down on swings and slides
- Keep away from moving swings and the bottom of slides
- Before using the playground, remove helmets, scarves and drawstrings
- Put aside anything else that could strangle your child (such as a skipping rope) before climbing on playground equipment

When you and your children are at the playground also remember to practice sun safety to avoid sun damage. Use a sunscreen with SPF 30 or higher, cover-up with a wide-brimmed hat, and don't forget to re-apply sunscreen every two hours or after swimming or sweating.

After reading this story with your child, you can ask:

What did Alex do at the playground to make sure he was safe?

Did you notice that throughout the story Alex was wearing a hat? Why is it important to wear a hat on sunny days? What else could you do to protect yourself from the sun?

For more information about injury prevention, visit york.ca/injuryprevention

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Alex and his mom have a fun day at the playground and they remember important safety rules — a healthy living message for parents, caregivers and children.

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