

5 Ways to Get Your Preteen Buckled Up

Your kid stopped wearing belts? Know this: It's a stage. Preteens talk back. They argue and test limits. But don't give up. They're still listening – even when it doesn't show. Preteens everywhere say the people who influence them most are their parents. Not their friends. Not celebrities. You.

Here are five tips from parents who make sure their preteen is buckled up before they put a vehicle in gear.

1. Remind them.

Multi-tasking preteens can forget to buckle up. Check that everyone, everytime has his or her seat belt on before the car starts to roll.

2. Make it a rule.

Studies show most parents decide where their preteen sits in the car. Make buckling up in the back, in every car, a rule for your preteen. Then stick to it. They will test you – but not forever.

3. Make it fun.

Reward them for doing the right thing – not just wearing a belt, but getting others to do it. Or for sitting in a back seat, which is safer. One prized reward: They can pick the radio station. You can also stash electronic games, books, and drawing supplies that can only be used in a back seat.

4. Mention the cops.

Wearing a seat belt isn't an option – it's the law. Let your preteen know you can get a ticket if they don't buckle up.

5. Be a role model.

Your preteen is watching you. They are more likely to buckle up if the driver does.



Click with your Preteen
Help your preteen buckle up. For life.

