



## **Safe Kids, Smart Parents: What Parents Need to Know to Keep Their Children Safe**

*Rebecca Bailey, Elizabeth Bailey, Terry Probyn (Introduction)*

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Leading family psychologist and personal therapist to Jaycee Dugard, Rebecca Bailey tells parents how to keep their children safe in this accessible, must-have guidebook, with a foreword by Terry Probyn, Jaycee's mother.

Whether their children are toddlers or teens, six years old or sixteen, whether they live in a rural town, suburb, or a bustling city, all parents worry about threats—from cyber-bullying to exploitation and abduction. What should they tell their children and when? What practical steps can they take to reduce the risks and keep their kids safe? Dr. Rebecca Bailey, with the assistance of her sister and registered nurse, Elizabeth, gives easily understood, easily followed answers.

*Safe Kids, Smart Parents* builds on Dr. Bailey's years of experience as a family psychologist helping real families deal with real situations. From abduction to abuse, Bailey explains how parents can speak to their kids about troubling topics while building their self-esteem and teaching them how to protect themselves. A smart, comprehensive, and easy-to-read resource, *Safe Kids, Smart Parents* is the most important book a parent can own.

## **Safe Kids, Smart Parents: What Parents Need to Know to Keep Their Children Safe Details**

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Author : Rebecca Bailey , Elizabeth Bailey , Terry Probyn (Introduction)

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## **From Reader Review Safe Kids, Smart Parents: What Parents Need to Know to Keep Their Children Safe for online ebook**

### **Nicole "Nikki" Knepper says**

I can't say enough about how much I liked the structure of this book and the way the authors were able to present such a tough subject in such a clear and comprehensive way.

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### **Kelly says**

This was an easy-to-read book on a difficult-to-read topic. I took away some tips on how to start teaching awareness and safety to my kids, even at a young age. I love the Safe Kid kit at the end of the book with sections you can read to young kids to start the conversation. Older kids can read it solo and discuss it with you. I will keep pulling this resource off the shelf as my kids grow.

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### **Miranda Moberg Diaz says**

I was afraid this would be yet another book to instill fear into parents but the emphasis is on raising children able to think critically and use common sense. Some good nuggets in this book without excessive fear mongering or advocating unreasonable hovering tactics.

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### **Barb says**

A very quick read that had excellent information. Safety is the key in this book and teaches you how to teach your children to be aware of their surroundings, speak up when something doesn't seem right, and gives you a game plan to do all of this. I would recommend this book to anyone, really, not just those with children. Very good reminders and very upfront. The authors are sisters, one a psychologist, the other a nurse, who have years of experience helping people through tough situations. They talk about really, really, really, hard stuff: abduction of children, exploitation of children, online issues, among other things.

The thing I love is that they emphasize that knowledge is power. I truly believe that and it does help to alleviate some fears.

The other thing I love is that they really push the communication with your child, whatever level they are at, with safety being the focus. Listen and ask questions--seems so simple sometimes.

The last thing I love and is the most important: love. We need to let our kids know that we love them, no matter what. We have all made mistakes, big and little; sometimes repeatedly. But they need to know that they are valued and loved, in the easy times and especially in the hard times. This makes the communication piece so much easier too.

We can't live in bubbles, but we don't have to live in fear either. Danger can be lurking anywhere, but it can

be noticed and hopefully averted. Our kids need this information to stay safe. Most people are kind and good and have best intentions; this information is how to deal with the rest of the people.

One other note, please don't be offended...this is not a religion-based book, which I personally appreciate. I have picked up a few of these books only to be told to trust more, pray more, believe more. I need a more proactive approach.

A personal story: foolish, but true. I was lucky. I was a senior in high school and worked mid-day to about 5 o'clock about 20 minutes from home. There was a huge snowstorm one afternoon but I was required to stay at work. I carefully drove home and was almost there when my rear tire slid off the highway a bit. There were cars all over in ditches, and I was determined not to be one of them. I corrected the slide but then my front tire slid off. I was going into a spin and was scared. I knew there were a bunch of people behind me and I didn't want to get hit or cause a pile up. I ended up in the ditch, facing towards oncoming traffic, but safely out of range of being hit. Snow was packed all the way up to the roof of my car on the driver side. My lights showed nothing but white. I turned on my hazard lights and turned off the engine. I had to climb out the passenger side to get out and then once I did I realized that I was very small. Stuck in a blizzard, in a car, in a ditch, about 2 miles from home, prior to cell phone days. I knew that I could walk it but would be very cold-- I was wearing a dress, but had on boots and a heavy coat--but that I could very possibly be hit if I walked on the side of the highway to the next exit, my exit home. I started shaking and then crying. Just then a car pulled off the side and rolled down its window. A voice asked if I was okay. I yelled yes. He asked if I needed a ride. I yelled/cried yes.

The opened car door let out a blissful warmth. It was definitely a guy's car. Kind of messy, radio turned down. I hesitated and he saw it. He told me that he was done with classes at his college, they had been cancelled due to the storm. Told me he graduated from my high school last year. I didn't know him, but the information helped. He asked where I was going and I told him home. He told me it would be okay and that he would make sure I got there safely. I cried because he was so nice. I felt I had to trust him; I did trust him. He took me home, dropped me off and went on his way. The immensity of what just happened, what could have happened, hit me as I walked up the steps to face my parents. I had to tell them about my car, still extremely stuck in the ditch, and worse, how I had gotten home. My dad was furious at me. I understood why, totally. But, I was home, safe.

It could have been such a bad situation, but it turned out okay. I did get lucky, I know. I trusted my gut with this guy in that situation. Who knows about any other time.

If that scene happened with one of my kids, how would they handle it? Are they prepared for emergencies? How would I handle it, if they told me they got into a car with a stranger in order to get home safely? Would they hesitate, assess, decide? I find myself talking a lot these days about things that happen and how I feel about them and how I think through the situation. I hope they hear some of it. I hope they are always safe. I hope they can tell me, or another trusted adult, if they are in trouble. I hope they can trust people who earn it. I hope they know that I will always love them. No matter what.

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## **CJ says**

This is a misleading title. It is basically how to avoid abduction. And although some of the content is excellent - it would be better served as a presentation to students or an article for parents.

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**Teri says**

A must read for every parent grandparent mentor or anyone whom wants to keep a child safe. I am shocked at my age to be uninformed of some of the dangers our children face daily. This book is full of ways to talk and teach safety to all ages. A MUST READ...

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**Sylvester says**

Pretty good info. How to teach a child boundaries and encourage communication in every circumstance, good or bad. Will have to come back to this soon.

Not long after...

Having just read "Safe Kids, Safe Families" by Samantha Wilson, I had to downgrade this book to a 1.5\*. I don't wish to downplay Bailey's efforts, but I have to be truthful - especially on this particular subject - some of her ideas (i.e. the "code" for picking up kids from school) are inferior. Still a lot of good in this book, however, I would highly recommend "Safe Kids, Safe Families" by Samantha Wilson.

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