Imagine you are playing a game with toy trains! Just like you, a train driver has special rules and tools to help them know when to go and when to stop.

Here are the steps they follow:

1. **Signals:** Train drivers look at colored lights along the train tracks. These lights tell them if it's safe to go. A green light means 'Go!', a yellow light means 'Get ready!', and a red light means 'Stop!'
2. **Timetable:** The train driver has a schedule that tells them when to leave and where to stop, just like knowing when your favorite TV show starts!
3. **Stations:** Train drivers know the names of the places where trains are supposed to stop. They listen for announcements or look at their screens to know exactly when to stop.
4. **Communication:** If there's anything important, train drivers can talk to each other and to helpers in control centers. This helps them stay safe and know what to do.
5. **Experience:** Train drivers practice a lot, so they learn how to stop smoothly and safely at each station.

So, just like you follow rules in a game, train drivers have rules and tools that help them understand when to depart and where to stop!