

Get Ready. Get Safe.

Family Plan Checklist

40% of parents don't have an emergency plan.



Primrose Schools and [Save the Children](#) have joined forces to share information and resources to help prepare your family in case of an emergency.

To develop your personalized Family Plan, check off items for each step below. Visit the Primrose blog at PrimroseSchools.com/blog to download helpful emergency preparedness resources.



Step 1 Click as you go!

- Read "[Take the Get Ready. Get Safe. Pledge as a Family](#)" post
- Sign the Pledge certificate to prepare your family for an emergency

Step 2

- Read "[5 Things Every Child Needs During Emergencies](#)" post
- Discuss ways you can prepare your child for emergencies using our helpful Q&A

Step 3

- Read "[Emergency Preparedness Begins with the Basics](#)" post
- Teach your child basic personal information by completing the Emergency Contact Card

Step 4

- Read "[How to Create a Family Communication Plan for Emergencies and Disasters](#)" post
- Teach your child how to get in touch with family members during an emergency by completing your Family Communication Plan

Step 5

- Read "[Disaster Supplies Every Home Should Have](#)" post
- Assemble your emergency backpack and Family Disaster Kit

Step 6

- Read "[Ways You Can Prepare Your Family for Home Emergencies](#)" post
- Create and practice your Home Evacuation Plan

Step 7

- Read "[Why It's Important to Teach Your Child About Community Helpers](#)" post
- Read about and discuss the community helpers who can assist during an emergency

Step 8

- Read "[How to Prepare Your Child for Emergencies at School](#)" post
- Check with your school to see if they have an emergency plan

Step 9

- Read "[Ways to Help Your Child Cope with a Disaster](#)" post
- Use the "What Makes You Feel Safe" Worksheet to discuss with your child ways to minimize stress and confusion in an emergency

Congratulations on successfully completing your Family Plan Checklist!





I, _____,

**PLEDGE TO WORK WITH
MY FAMILY AND MY COMMUNITY
TO MAKE A PLAN AND BE READY
FOR ANY DISASTER.**

DATE

SIGNATURE

Get Ready. Get Safe.



UNIQUE NEEDS OF CHILDREN IN EMERGENCIES: Q&A

Use the following questions to spark discussion about the unique needs of children in emergencies.

Q&A

1. True or False: During a workday, children are most likely to be with their parents or guardians when an emergency occurs.

- False

Learning Point: Each work day, 69 million children are in school or child care, out of the care of their parents/guardians should disaster strike. This means parents, guardians and caregivers need to have emergency plans in place that can help families reunify following disasters.

2. Why do children need to have emergency identification cards?

- Some children may be unable to identify themselves and others may not know emergency contact information or who is authorized to look after children in an emergency.

Learning Point: Children may get separated from their caregiver and the card helps facilitate family reunification following disaster. The card contains critical medical information such as the child's medications and allergies.

3. How should an emergency shelter be setup to help protect children?

- Families should have a specific area to stay, separated from single men and women.
- Family bathrooms or bathroom times for children to bath.
- Bathroom monitors can patrol misuse of the bathroom facilities.
- Bathroom located close to family section so they can be easily; frequently accessed.
- A specific area designated for children to play; supervised by parents or screened adults.

Learning Point: Children face safety risks in shelters which are open to anyone; including potential pedophiles. It's imperative a shelter's setup provides protection to families in specific sleeping and bathroom areas, and shelter staff help monitor the facility with children's protection in mind.

UNIQUE NEEDS OF CHILDREN IN EMERGENCIES: Q&A

4. True or False: Children are more likely to be suffer from carbon monoxide poisoning than adults.

- True

Learning Point: Children take more breaths per minute than adults, making them more vulnerable to toxin inhalation, poisoning and hyperventilation during an emergency situation.

5. What are some key differences between children and adults that make children's bodies more vulnerable during disasters?

Children:

- Are smaller.
- Are lower to the ground.
- Take more breaths per minute.
- Have thinner skin.
- Have a larger head size in proportion to the rest of their body.
- Are less coordinated.

Learning Point: Children have physiological differences that make them more vulnerable during disasters than adults.

6. True or False: Children are affected by their parents'/guardians' and/or caregivers' responses to disasters.

- True

Learning Point: In addition to their own experiences of the event, children identify with the responses of their families and caregivers. It's from these adults that they will seek comfort and guidance during traumatic events.

7. What types of items or activities may help children cope after a disaster?

UNIQUE NEEDS OF CHILDREN IN EMERGENCIES: Q&A

- Children seek out familiar comfort items to help them cope with a tragedy such as blankets, stuffed animals or favorite toys. Children can also start to express their emotions and process events by using art supplies or a paper and pen to draw.

Learning Point: Children may not be able to verbally express their emotions following a disaster. Allowing children to play with familiar toys, act-out their experiences, write or draw can help them process what they are feeling. It's important to help children get back into a regular routine so they feel there is control in the situation.

8. True or false: Children need to drink less fluid per pound of body weight than adults.

- False: Children need to drink more fluid per pound of body weight than adults.

Learning Point: Fluids are lost when we breathe out and children breathe at a faster rate than adults, making them more vulnerable to dehydration or inhaling toxins during an emergency.

9. How might disasters affect children's educational and cognitive development?

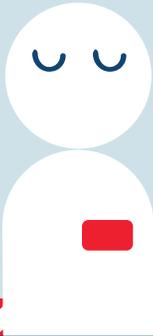
- As the result of a disaster, schools or child care facilities may be destroyed or temporarily shut down. Children may have trouble focusing at school and may fall behind peers.

Learning Point: Disasters may disrupt children's access to educational programs and/or affect their ability to concentrate on activities that promote development.

10. Why should children's mobility be considered when planning for emergencies?

- Infants and toddlers may not be able to walk and other children may need to hold hands and be guided.

Learning Point: Emergency evacuation plans should account for how to move children in cribs and in car seats and safely move all children with the appropriate amount of adult supervision.



LEADER SAYS GAME

This game follows the rules of Simon Says. The leader calls out different emergency actions and the children must complete the action associated with that response-- but only when Leader says!

DIRECTIONS

This game can be used with groups of all sizes and can include children and adults.

Start with an adult as the Leader.

The group should repeat the actions called-out and performed by the Leader as long as he or she says “**Leader Says**” before the action.

Participants who perform an action for which the Leader does not start with “**Leader Says**” is out of the game. The last participant remaining gets to be the leader in the next round.

Help use the game to reinforce ideas learned in Prep Step 2: Planning Ahead, by using emergency-themed prompts.

EXAMPLE PROMPTS

Leader says, call your emergency contact (moving hand to your head like a phone).

Leader says, walk to your meet-up location (walking in place).

Leader says, stop, drop and roll (response if clothing is on fire).

Leader says, look for a firefighter or police officer (move hand to forehead like you’re looking or searching).

Leader says, evacuate! (Point to the nearest exit.)

Leader says, shelter-in place (tuck down on the floor).

Leader says, pack a disaster supplies kit (motioning putting items in a bag).

Leader says, drop, cover and hold-on (earthquake response) .

Leader says, monitor the weather reports (look at the sky and hold out hands like feeling for rain).

Leader says, stay calm and quiet (put your finger over your mouth like making a “shhhh-ing” noise).

ISPY GAME

CIRCLE THE ITEMS YOU MAY NEED IN A DISASTER AND CROSS OUT THE HAZARDS.





I'M PACKING A SUPPLIES KIT! DOES IT GO? MEMORY GAME

This is a memory and repetition game based on the Get Ready Get Safe Disaster Supplies Kit Checklist.

DIRECTIONS

1. Game may be played with 5-20 participants.
2. This game may be played by children alone, or with the guidance of their parents.
3. After reviewing the purpose of a Disaster Supplies Kit, and the materials that go in it, gather the group into a circle on the floor.
4. Leader introduces the rules by saying:

Today we are going to list what we are packing in our disaster supplies kit all together! I'm going to start by saying "I'm packing a kit, and I'm bringing a..." and then I'll pick something to bring and ask "Does it go?" As a group we'll say "Yes, it goes!" if the item belongs in a kit. If it's not something that should go in a Disaster Supplies Kit, the group can say "No, it doesn't go!"

The next person is going to repeat what I said, and add another item. And the person after that has to repeat what I said, what the next person said, and add yet another item! We'll go around in a circle until it comes back to me, and I have to remember what everyone said!

Remember, we're only bringing things we might need to have for an emergency, so I'm not going to pack anything silly, like my giant bowling ball! If you aren't sure what to bring, ask for a hint.

5. The leader may provide hints and guidance on what is a good item to include.

- "Do you want to bring something to brush your teeth with?"
- "Do you want to bring something to wash with?"
- "Should we pack something fun to do?"

GAME EXAMPLES

Leader Says: "I'm packing a supplies kit and I'm bringing a FLASHLIGHT! Does it go?"

The group will say "Yes, it goes!"

This ends the leader's turn, and the person to the leader's left must repeat what the leader is bringing and add to the list:

"I'm packing a kit and I'm bringing a flashlight and a BOWLING BALL! Does it go?"

DISASTER SUPPLIES CHECKLIST

Every family needs a disaster supplies kit filled with items needed to help keep all family members safe and healthy during an emergency. Store enough of each item to last at least seven days. Be sure all family members know where the kit is located and when and how it should be used. Update your disaster supplies kit regularly to replace expired food or medicine or outgrown clothing items. Get children involved in putting together the disaster supplies so they can learn the importance of being prepared.

FAMILY DISASTER SUPPLIES KIT

- Flashlights and extra batteries
- Radio (battery-powered or hand crank)
- Non-perishable food items
- Water (one gallon/person/day)
- One complete change of clothing for each person, including jackets/coats
- Blankets
- Cash and coins
- Map of the area marked with places you could go
- Toolset
- Extra set of car keys and house keys
- Roll of duct tape
- Plastic sheeting pre-cut to fit shelter-in-place room openings.
- Pet supplies
- Small fire extinguisher
- Matches in a waterproof container
- Special items such as denture needs, contact lenses
- Items for seniors or people with disabilities.

MEDICAL SUPPLIES

- Prescription and non-prescription medicine, including for children
- First Aid Kit
- Fever reducer
- Antibacterial ointment
- Rash ointment

HYGIENE ITEMS

- Baby wipes
- Diapers
- Nursing pads
- Sanitary pads
- Toilet paper
- Soap
- Bleach

DISASTER SUPPLIES CHECKLIST

INFORMATION

- Medical information, including copies of medical prescriptions
- Copies of passports and birth certificates
- Copies of personal identification, such as a drivers' license
- Recent photos of each child

COMFORT ITEMS

- Comfort food and treats
- Activity items like books, puzzles and games
- Comfort items like a stuffed animal or blanket for children

CHILD-FRIENDLY FOOD SUPPLIES

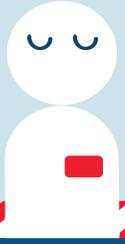
- Nursing supplies
- Formula
- Pre-packaged baby food
- Juice pouches
- Powdered milk

DISASTER SUPPLIES BACKPACK KIT

Having children create their own disaster supplies backpack kit can help them feel part of the family emergency plan and teach them personal responsibility. Bags should be stored at home in an easily accessible area and updated as children grow and their interests change

Put these items in a backpack or portable bag to use during an emergency:

- A teddy bear or favorite stuffed toy (for safety and comfort)
- Crayons and pen (to keep ourselves busy)
- Soap and soap box (to clean ourselves)
- Toothbrush and toothpaste (to clean our teeth every day)
- Comb (to comb our hair)
- Hand towel (to clean ourselves or keep cool)
- An ID card or wristband (to identify who we are and parent contact information)
- A flashlight with batteries (to help us when there is no power)
- A notebook (to record important information and/or keep busy)
- A whistle (to use if you need help or get lost)
- Ask children what else they wish to remember that is important to them (i.e. favorite books, pictures, toys, extra clothes, etc.).

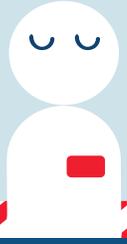


10 TIPS FOR KEEPING CHILDREN SAFE IN A HOME FIRE



Each year more than 2,500 people die and 12,600 are injured in home fires in the United States. Fires and burns are one of the leading causes of death for children under the age of 15. Fortunately most home fires are preventable and there are simple steps families can take to help keep children safe.

- 1 Teach children fire safety.** Teach children how to prevent and survive a fire. Explain why fire safety is important and demonstrate safe behaviors when using fire, fire tools, and other heat sources. Explain that fire is a tool, not a toy.
- 2 Install smoke alarms.** Install a smoke alarm near your kitchen, on each home level, near sleeping areas, and in each bedroom. Use the test button to check the smoke alarms every month and replace all the batteries at least once a year. Teach children what smoke alarms sound like and what to do if they hear them.
- 3 Teach children about firefighters.** As the sight of a firefighter wearing a fire suit and mask can be scary to children, teach children what firefighters look like and sound like with their oxygen masks on. Take them to your local fire department to meet firefighters and learn about fire safety.
- 4 Keep matches and lighters out of reach.** Store matches and lighters out of children's reach and sight, preferably in a locked cabinet. Teach children not to pick up matches or lighters they may find. Instead, they should tell an adult immediately. Only use lighters with child-lock features.
- 5 Keep children away from flames and heat sources.** Never leave children unattended near operating stoves or burning candles, even for a short time.
- 6 Teach children 9-1-1 (or local emergency number).** Help children understand how and when to call 9-1-1 for help in emergencies. If there is a home fire, children should evacuate before calling 9-1-1. Children only need to call 9-1-1 if an adult is not able to do so.
- 7 Practice fire drills.** Include children in planning and practicing home fire drills. Have fire drills at least twice a year so children can practice their primary and secondary escape routes. As fires can happen at any time, plan a fire drill at night when the children are sleeping, but warn the children ahead of time so they do not panic.



10 TIPS FOR KEEPING CHILDREN SAFE IN A HOME FIRE



- 8 Demonstrate how to escape.** Show children how they would evacuate from a room filled with smoke by crawling along the floor to the nearest exit.
- 9 Get out and stay out.** If there is a fire at home, get everybody out of the building, stay out, and call for help. Don't go back into the home to get belongings.
- 10 Stop-drop-and roll if on fire.** Teach children to stop-drop-and roll if their clothes are on fire. Stop, drop to the ground and cover your face with your hands. Then roll over and over or back and forth until the fire is out.

ADDITIONAL RESOURCES

The tips above are just the start of knowing how to prepare for and respond to home fire. Use the following resources to help ensure your family is ready.

For adults:

- American Red Cross: Home Fire Safety. <http://www.redcross.org/prepare/disaster/home-fire>
- Department of Homeland Security: Home Fires. <http://www.ready.gov/home-fires>
- National Fire Protection Association (NFPA): Safety Information for Consumers. <http://www.nfpa.org/safety-information/for-consumers>

For children

- Department of Homeland Security. Ready Kids: Home Fires. <http://www.ready.gov/kids/know-the-facts/home-fires>
- National Fire Protection Association: Sparky. <http://www.sparky.org/>

SCHOOL & CHILD CARE CHECKLIST

You expect your child care provider to be prepared for medical emergencies, but do they have a plan for weather and other disaster-related emergencies? Use this check list to talk to your child's daycare provider, and pre-school and school personnel and ask:

“How are you prepared to protect children in case of a disaster?”

FOR CHILDREN IN CHILD CARE

1. Do you have a written plan for evacuating and moving kids to a safe location in the event of disasters?
2. Do you have a written plan to notify me of an emergency and reunite me with my children?
3. Do you have a written plan that accounts for kids with special needs?

FOR CHILDREN IN K-12 SCHOOLS

4. Do you have an emergency plan that accounts for multiple disasters?

Emergency Plan

- If they have a plan:
- Do you have a copy of the plan?
 - Are you comfortable with their procedures?
 - Do local emergency responders have a copy of the plan?
 - Do they do practice drills?
 - Has the staff had adequate emergency planning training?
- If they do not have a plan:
- Have you expressed that having a plan is essential for the safety and well-being of your child?
 - Have you considered sending your child elsewhere?
 - Did you ask other parents to request a plan?

Communication

- How you will be notified about a disaster?
- Do they have at least two ways for you to be contacted?
 - Do they have a contact for your child that is outside the area?
- How do you contact the child care program or school during and after a disaster?
- Do they have a contact for your child that is outside the area?

SCHOOL & CHILD CARE CHECKLIST

Disaster Resources/Kit

- Do they have disaster resources or a kit of supplies?
- Does the kit meet the needs of all staff and children for a minimum of 72 hours?
- If your child has any medical needs or regular medication, is your provider aware?
- Do you know how they plan to store and access vital records in case of loss of power or damages?

Little Ones/Special Needs

- Is there a plan for infants or other non-mobile children who will need additional help evacuating?
- Is your provider aware of any special needs of your child?

WHAT MAKES YOU FEEL SAFE?

Thinking about people, places or things that make us feel safe and protected can help comfort us during an emergency. We can prepare for emergencies by planning with people we care about and putting comfort items in our disaster supplies kits.

DRAW A PICTURE OF WHAT MAKES YOU FEEL SAFE.



CONGRATULATIONS,

on successfully completing the **Get Ready Get Safe** Prep Rally
and preparing your family for disasters.

DATE

SIGNATURE



Save the Children®
Get Ready. Get Safe.