



Emergency Planning with Children

Make sure your child understands what an emergency is and what to do if such a situation arises.

- **Explain that an emergency could be:**
 - when someone is badly injured
 - when someone's life is at risk
 - when there's a fire
 - when immediate action or help is needed.
- **Explain how to make an emergency call (see downloadable fact sheet – Making an Emergency Call).**
- **Explain what to do if there's a fire – have an escape plan ready (see downloadable fact sheet – Family Emergency Escape Plan).**
- **Explain what to do if they injure themselves:**
 - Keep calm.
 - Keep a list of numbers by the phone (e.g. trusted neighbour, friend or relative).
 - If needed, make an emergency call.
 - Older children can be taught basic first aid (by a qualified provider).
- **Knowing what to do before anything happens increases everyone's confidence in handling emergencies – but you could help prevent many, so help your children with some practical tips:**
 - Know where to find your first aid kit (keep it fully stocked).
 - Check all smoke alarms regularly.
 - Never leave the bath full of water.
 - Never overload sockets and switch off appliances when not in use.
 - Know the following: where torches and batteries are kept, where to turn off water, where all door and window keys are kept (and always returned when not in use).