

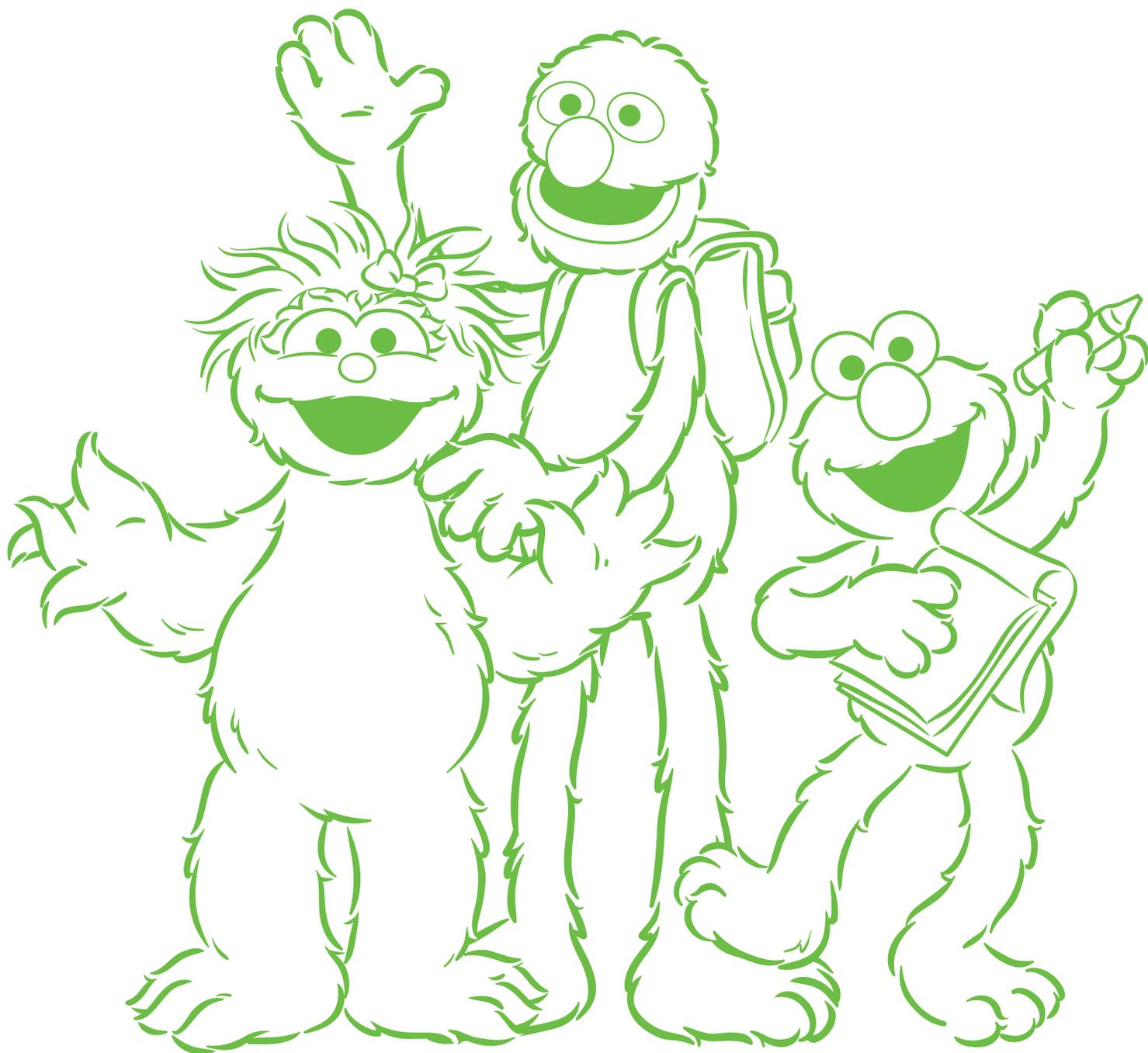
Let's Get Ready

PLANNING TOGETHER FOR EMERGENCIES

Here for Families and Communities



Family Guide



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[sesamestreet.org/ready](https://www.sesamestreet.org/ready)

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Hello, Families!

Welcome to the Let's Get Ready Family Guide

Every day, your family does things to stay safe together. You buckle up in the car or stop and look both ways before crossing the street.

Preparing for emergencies is another important way to keep your family safe. It's something the whole family can do together in simple and easy ways. The **Let's Get Ready** family guide includes tips and activities to help your family prepare for an emergency. Even your child can learn basic information about himself that will make him proud...and prepared.

What's Inside

Here's what you'll find in this guide:

- » **Prepare Your Child** (pp. 3–6): Easy ways to help your child learn and remember information like her own and her parents' whole names, phone numbers, addresses, and the names of the people who help keep her safe.
- » **Prepare Your Family** (pp. 7–9): Simple tools to help you create a family emergency plan and an emergency kit.

In each page of this guide, look out for the **Sesame Street** friends who share important messages. Try to look over this list with your child often as you practice and prepare together.

- » **We Can Get Ready!**
- » **I Know Our First and Last Names**
- » **I Know Our Address and Phone Number**
- » **Helpers Keep Me Safe and Sound**
- » **Let's Make and Share Our Plan**
- » **Let's Pack an Emergency Kit**

Come along, and let's get ready together!



We Can Get Ready!

All around us, there are things we might see or hear during an emergency. You can begin talking about emergencies by pointing out these everyday signs and signals. Look at the pictures below, then read the captions and try to answer the questions together.

Whether you're at home or out and about, use your eyes and ears to spot some of these things around you!



EXIT SIGN: This sign tells us the way to get out. Just in case we have to get out fast, we can look for this sign. **Where do you see an EXIT sign?**



SMOKE ALARM: This is a smoke alarm. If there's a fire, it will make a loud **BEEP, BEEP, BEEP!** That means we have to get outside fast and stay outside. **Where do you see a smoke alarm?**



FIRE TRUCK WITH FLASHING LIGHTS: A fire truck has a loud siren and bright flashing lights. This tells us that help is on the way! **What are some other cars with sirens and bright lights?**



AMBULANCE: The helpers in an ambulance take care of people if they get hurt. **What are some other cars and trucks that tell us help is on the way?**

WHAT IS AN EMERGENCY?

An emergency is when something happens that we don't expect and we have to act quickly to keep ourselves safe. We can get ready for emergencies together, just like we get ready for a car ride by wearing our seat belts or by wearing our helmets when we ride our bike or scooter.



I Know Our First and Last Names

In case of an emergency, it's important for your child to know her whole name and the whole names of her parents or caregivers (including different last names). If you and your child ever get separated, she can share these names with trusted adults to reach you. It can be fun and easy to teach your child this information!

The Name Song

Sing this song to practice your whole name and the names of the people who take care of you. Visit sesameworkshop.org/ready to watch your Sesame Street friends sing it together! Put this page up on a refrigerator or wall to remember to practice.

My first name is _____; I'll sing it loud.

My last name is _____; it makes me proud.

I'm _____; now I bet

That's a name you'll never forget!

Rosita de las Cuevas;
now I bet
that's a name
you'll never forget!



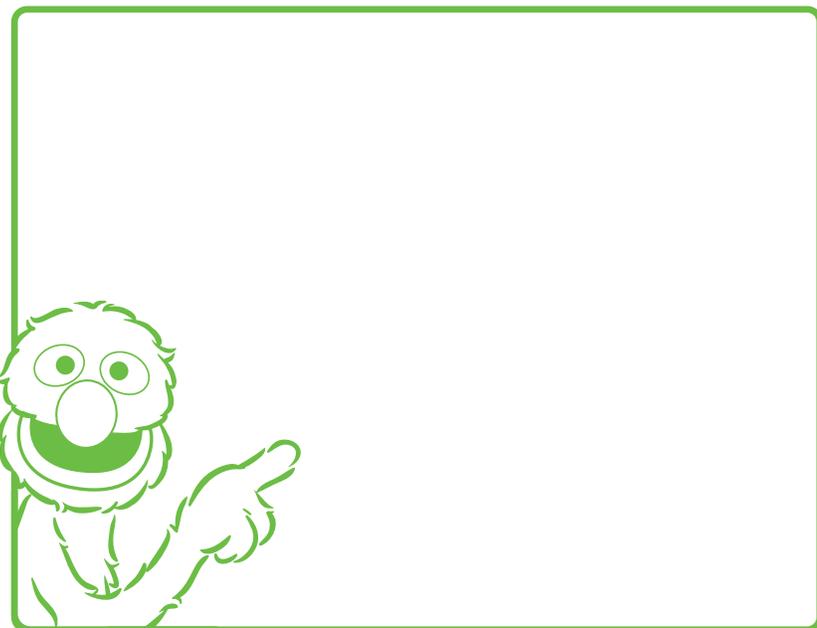
EVERYDAY TIP: Whenever a trusted adult asks your child, "What's your name?" encourage him to respond with both his first and last name. You can also play the "Knock, Knock Name Game"! For example, "Knock, knock!...Who's there?...Rosita!...Rosita who?...Rosita de las Cuevas!"

I Know Our Address and Phone Number

If there is an emergency, your child should know your home address and phone number. This bit of information can make a big difference in reuniting your family quickly. Help children learn addresses and phone numbers with the simple tools below.

I Know My Address!

Draw a picture of your home in the box. Ask a grown-up to help you write your address on the line below.



MY HOME ADDRESS

EVERYDAY TIP: Whenever you are headed home from school or the store, say to your child, "We're going home now! What's our address?"

I Know My Phone Number!

Write your phone number on the line below. Then use your finger to practice pressing the numbers. Practice dialing other family members' phone numbers.



MY PHONE NUMBER

EVERYDAY TIP: Explain that 9-1-1 is a special number to call when help is needed during an emergency and there is no other person to help. Pretend by asking questions such as "9-1-1, what's your emergency?" and "What's your address?"

Helpers Keep Me Safe and Sound

Our neighborhoods are filled with special helpers who are ready to help us if we need it. Help your child learn about some neighborhood helpers like firefighters, police officers, doctors, utility personnel, teachers, and emergency responders. The more familiar she is with these helpers now, the more comfortable she will feel with them in case of an emergency.

Play Together! The Helpers in Your Neighborhood

Use your finger or a crayon to help Elmo, Grover, and Grover's mommy visit their neighborhood helpers.



Let's Make and Share Our Plan

A family emergency plan will help everyone know what to do if an emergency ever happens. Use this page to write down important contact information for your family and to keep track of the people and places involved in your emergency plan. Make copies and share the plan with the grown-ups in your child's life.



The _____ Family's Emergency Plan

You can copy this page more than once to include all household members.

1.

FAMILY MEMBER'S WHOLE NAME

MY ROLE IN THE FAMILY

ADDRESS

ADDRESS

DAYTIME PHONE

CELL PHONE

E-MAIL

2.

FAMILY MEMBER'S WHOLE NAME

MY ROLE IN THE FAMILY

ADDRESS

ADDRESS

DAYTIME PHONE

CELL PHONE

E-MAIL

3.

FAMILY MEMBER'S WHOLE NAME

MY ROLE IN THE FAMILY

ADDRESS

ADDRESS

DAYTIME PHONE

CELL PHONE

E-MAIL

4.

FAMILY MEMBER'S WHOLE NAME

MY ROLE IN THE FAMILY

ADDRESS

ADDRESS

DAYTIME PHONE

CELL PHONE

E-MAIL

PET'S NAME

PET'S NAME

FAMILY PHOTOS:
Adding photos for every family member and your pet can be helpful if you get separated during the emergency.



Let's Make and Share Our Plan (continued)

Please make copies of your plan and share it with your child's teacher, along with the other important grown-ups who help care for your child.

Emergency Contacts

Help your children learn who these contacts are and remind them that these are people who may be there to help and care for them just in case.

1. Out-of-Town Emergency Contact who may not be affected by the emergency and can help make sure you're all okay. It is often easier to call long distance than to make local calls after an emergency. You can also text.

WHOLE NAME

ADDRESS

ADDRESS

E-MAIL

HOME/CELL PHONE

WORK PHONE

2. Local Emergency Contact who can help you with tasks such as picking up your child from child care.

WHOLE NAME

ADDRESS

ADDRESS

E-MAIL

HOME/CELL PHONE

WORK PHONE

Emergency Meeting Place

This is the safe, child-friendly place where your family will meet if you can't get home during an emergency.

NAME OF LOCATION

TYPE OF ESTABLISHMENT

ADDRESS

PHONE NUMBER

Neighborhood Helpers

Include phone numbers for the people in your neighborhood who can help you during an emergency.

POLICE STATION

FIRE STATION

FAMILY DOCTOR/S

OTHER IMPORTANT ADULT

LOCAL EMERGENCIES:

Learn about specific risks and potential emergencies in your area by signing up for local weather emergency alerts on your smartphone.



Let's Make and Share Our Plan (continued)

Schools and Workplaces

1. _____
CHILD'S WHOLE NAME

CHILD-CARE PROGRAM OR SCHOOL

ADDRESS

ADDRESS

TEACHER OR CHILD-CARE PROVIDER'S WHOLE NAME

PHONE

EVACUATION LOCATION

2. _____
CHILD'S WHOLE NAME

CHILD-CARE PROGRAM OR SCHOOL

ADDRESS

ADDRESS

TEACHER OR CHILD-CARE PROVIDER'S WHOLE NAME

PHONE

EVACUATION LOCATION

3. _____
PARENT OR GUARDIAN'S WHOLE NAME

WORKPLACE (OR OTHER DAYTIME LOCATION)

ADDRESS

ADDRESS

PHONE

EVACUATION LOCATION

4. _____
PARENT OR GUARDIAN'S WHOLE NAME

WORKPLACE (OR OTHER DAYTIME LOCATION)

ADDRESS

ADDRESS

PHONE

EVACUATION LOCATION

A SAFE HOME:

Make sure your surroundings are ready for an emergency, too! Call your utility provider if you notice wiring problems in your area.



Let's Pack an Emergency Kit

Create a family emergency kit. Use this checklist to think about what you might need in case of an emergency. As you add items to your kit, check them off the list. **Remember to review your kit's contents regularly** (for instance, whenever you check your smoke alarms) to make sure items are up to date.

Recommended Items:

-  2 COPIES OF YOUR FAMILY EMERGENCY PLAN
-  \$20 MINIMUM CASH AND COINS
-  EXTRA COPIES OF FAMILY HEALTH RECORDS, LIST OF PRESCRIPTIONS WITH DOSAGES, AND INSURANCE PAPERS
-  FIRST-AID KIT AND PRESCRIPTION MEDICATIONS
-  3-DAY SUPPLY OF WATER (1 GALLON OF WATER PER PERSON PER DAY)
-  3-DAY SUPPLY OF CANNED AND DRY FOOD, AND A MANUAL CAN OPENER
-  BATTERY-POWERED OR HAND-CRANKED RADIO
-  MOBILE PHONE AND CHARGERS FOR CAR AND HOME
-  FLASHLIGHT AND EXTRA BATTERIES
-  TOOLS (WRENCH OR PLIERS) TO TURN OFF UTILITIES
-  ITEMS FOR THE ELDERLY OR SPECIAL-NEEDS FAMILY MEMBERS
-  PET SUPPLIES
-  SPARE SET OF CAR AND HOUSE KEYS
-  BLANKETS OR SLEEPING BAGS
-  PAPER CUPS AND PLATES, AND PLASTIC UTENSILS

-  PLASTIC TRASH BAGS
-  MOIST TOWELETTES AND OTHER HYGIENE SUPPLIES
-  CHANGE OF CLOTHING, RAIN GEAR, AND STURDY SHOES FOR EACH FAMILY MEMBER
-  SUNSCREEN AND INSECT REPELLENT

Important Items for Children:

-  1 COMFORT ITEM PER CHILD (A TEDDY BEAR OR OTHER TOY)
Ask what your child would like to include, such as a doll that's not often used.
-  ITEMS FOR CHILDREN (PAPER, CRAYONS, BOOKS, AND TRAVEL-SIZE GAMES)
-  SMALL TOYS, NONPERISHABLE SNACKS, AND DIAPERS FOR INFANTS OR TODDLERS

AND REMEMBER...

- » Keep your kit handy.
- » Keep items in airtight plastic bags.
- » Refill your kit with fresh water, batteries, and right-size clothes every 6 months.
- » Don't forget to keep emergency supplies in your car and at work!

