





# OUR FAMILY IS READY!

## A Family Emergency Preparedness Pamphlet

For Children Ages 3 – 9 and the Families Who Love Them



### A Message for Families

Being prepared is one of the most loving things a family can do together. This pamphlet is designed to help you talk with your children about emergency readiness in a way that feels safe, calm, and even fun. You will find gentle conversation starters, a kit checklist your child can check off themselves, a maze, a story, and simple safety tools your whole family can use. There are no scary scenarios here — only caring, confident families who know what to do and feel good about it. Start anywhere. Go at your own pace. You've got this.

### What's Inside This Pamphlet:

- ★ Gentle Conversation Starters (4 topics)
- ★ Family Safety Checklist
- ★ A Story: Helping Kids Feel Ready, Not Scared
- ★ Your Family Go-Bag Kit Checklist
- ★ The Maze: Find the Go-Bag Items!
- ★ Bonus: Tips for Parents & Caregivers



# Let's Talk About Being Ready

Starting the conversation about emergencies — gently and confidently



## TRY THESE WORDS WITH YOUR CHILD:

Choose whichever feels right. Go slowly. Let your child respond freely.

### You say:

*"Sometimes our lights go out or a storm comes. Does that ever happen at our house?"*

Then listen... Let them answer freely. Validate whatever they say.

### You say:

*"Do you know what we do when the lights go out? We have a plan!"*

Then listen... Watch their face. Are they curious? Worried? Follow their lead.

### You say:

*"Our family keeps a special bag ready. Want to see what's inside? "*

Then listen... Go get the bag together. Make it an adventure.

### You say:

*"You have your own job in our plan. Want to know what it is? "*

Then listen... Assign them something real. Kids rise to genuine responsibility.

## PARENT TIP:



If your child shows anxiety, slow down or stop. Come back another day with a game instead. The flashlight find or glow stick activation works better than conversation for anxious children.

# Our Family Meeting Spot

Teaching children where to go if something unexpected happens



## TRY THESE WORDS WITH YOUR CHILD:

Choose whichever feels right. Go slowly. Let your child respond freely.

### ● You say:

*"If we ever had to leave our house very fast, where do you think we should  
"all meet?"*

Then listen... Let them suggest. Build on their idea — even if you have a different spot in mind.

### ● You say:

*"We picked \_\_\_\_\_ as our meeting spot. Let's go walk there right now  
"together!"*

Then listen... Walk it. Touch the spot. Make it physical and real.

### ● You say:

*"If you can't find me, what would you do? Who would you find? "*

Then listen... Help them name 2–3 specific trusted adults outside the home.

### ● You say:

*"Let's practice! When I say GO, run to our meeting spot as fast as you can! "*

Then listen... Time them. Cheer for them. Repeat until it's automatic.

## ★ PARENT TIP:



Children learn locations through physical repetition, not description. Walk to the meeting spot at least 5 times before you expect them to navigate there independently. Make it a race every time.

# Feelings About Emergencies

Making space for your child's fears and turning them into confidence



## TRY THESE WORDS WITH YOUR CHILD:

Choose whichever feels right. Go slowly. Let your child respond freely.

### You say:

*"Sometimes things like storms or power outages can feel a little scary.  
"Does anything feel scary to you? "*

Then listen... This is a listening question. Do not rush to reassure. Hear them first.

### You say:

*"It's okay to feel a little worried sometimes. I feel that way too. Do you  
"know what I do?"*

Then listen... Share your own calm strategy. Model the behavior you want to build.

### You say:

*"Our family has a plan, and YOU are part of it. Does that make you feel a  
"little better? "*

Then listen... Most children feel more confident when they have a role. Watch for visible relief.

### You say:

*"If you ever feel scared during an emergency, here's what we do together:  
"three slow breaths. Ready?"*

Then listen... Do it together right now. In 4, hold 2, out 4. Practice until it's muscle memory.

## PARENT TIP:



Never dismiss a fear with 'don't worry.' Acknowledge first, then redirect to capability. 'I hear you. And here is exactly what we do.' The pivot from fear to plan is the most powerful sentence in preparedness education.

# Your Special Job

Giving every child a real, meaningful role in the family's emergency plan



## TRY THESE WORDS WITH YOUR CHILD:

Choose whichever feels right. Go slowly. Let your child respond freely.

### ● You say:

*"Every person in our family has a special job when something unexpected happens. Want to know yours?"*

Then listen... Build excitement before revealing. Make it feel important, because it is.

### ● You say:

*"Your job is: \_\_\_\_\_. Can you show me how you would do it right now? "*

Then listen... Watch them do it. Correct gently if needed. Then praise specifically.

### ● You say:

*"What do you think you should do if I'm not home when something happens?"*

Then listen... Guide toward: find a trusted adult, say your name and phone number, stay calm.

### ● You say:

*"Let's practice your job three times so you never forget it. Ready? One, two, three — GO!"*

Then listen... Celebrate each repetition. End on success. Return to it next week.

## ★ PARENT TIP:



The job must be real, not pretend. 'Grab your blue backpack and come to the front door' is real. 'Help keep everyone calm' is too vague for a preschooler. Specific and physical is best.

# BUILD YOUR FAMILY GO-BAG!



## A go-bag holds everything your family needs for 72 hours.

Pack one for each person. Store it in a place everyone can find.

Check it every 6 months. Make packing it a family activity!

On the next page, you'll find YOUR checklist to check off together.

### Use a 5-gallon bucket

Holds everything, easy to grab, waterproof lid

### Label everything

Write names on items so everyone knows

### Check dates!

Replace food and water every 6 months

# MY GO-BAG CHECKLIST

Check the box when you pack each item!

CHECK ME!



## Flashlight

So we can see in the dark!

How much do you like this?



CHECK ME!



## Water Bottle

One for every person in our family

How much do you like this?



CHECK ME!



## Whistle

Three blasts means 'I need help!'

How much do you like this?



CHECK ME!



## Snacks

Granola bars, crackers, dried fruit

How much do you like this?



CHECK ME!



## Bravery Buddy

Your favorite stuffed animal or comfort toy

How much do you like this?



CHECK ME!



## Soft Blanket

Mini fleece throw for warmth + comfort

How much do you like this?



CHECK ME!



## Family Photo Card

A card with our photo and phone numbers

How much do you like this?



CHECK ME!



## Glow Sticks

Non-toxic fun light — no batteries needed!

How much do you like this?



CHECK ME!



## Coloring Pad + Crayons

Small pad with triangular crayons

How much do you like this?



CHECK ME!



## Reusable Sticker Book

Keeps little hands busy and happy

How much do you like this?



# FAMILY SAFETY CHECKLIST — Part 1

Do these together as a family. Check each one off when you've done it!

## Know Your Meeting Spot

- Choose one outdoor meeting spot near your home**  
*(example: the big oak tree, the mailbox, the stop sign on the corner)*
- Walk to your meeting spot together so everyone knows the way**
- Practice: on 'GO!' everyone runs to the meeting spot**
- Write your meeting spot here:**  
*Our spot is: \_\_\_\_\_*

## Know Your Phone Numbers

- Every child can say ONE parent's phone number out loud**  
*Practice at dinner until everyone can say it!*
- Write your out-of-area contact name and number:**  
*Name: \_\_\_\_\_ Phone: \_\_\_\_\_*
- Practice: quiz your child in the car, at bedtime, randomly!**
- Every child knows to dial 911 in a real emergency**

## Smoke Alarm Check

- Test every smoke alarm in your home**  
*Press the test button together*
- Every child knows the sound of your smoke alarm**  
*Play it so they recognize it*
- Every child knows the response: get low, get out, meet at the spot**  
*Repeat until automatic*
- Check batteries every 6 months — write date here:**  
*Last checked: \_\_\_\_\_*

# FAMILY SAFETY CHECKLIST — Part 2

Keep going! You're building a safer, more confident family.

## Know Your Exits

- Walk every room — find the door AND the window as exits**  
*Two ways out of every room!*
- Practice opening a window from the inside**  
*Do this calmly together*
- Every child knows: get out first, then call for help**  
*Never go back inside for pets or things*
- Decide on a fire evacuation route for each floor**  
*Draw it on paper together*

## Kit Check

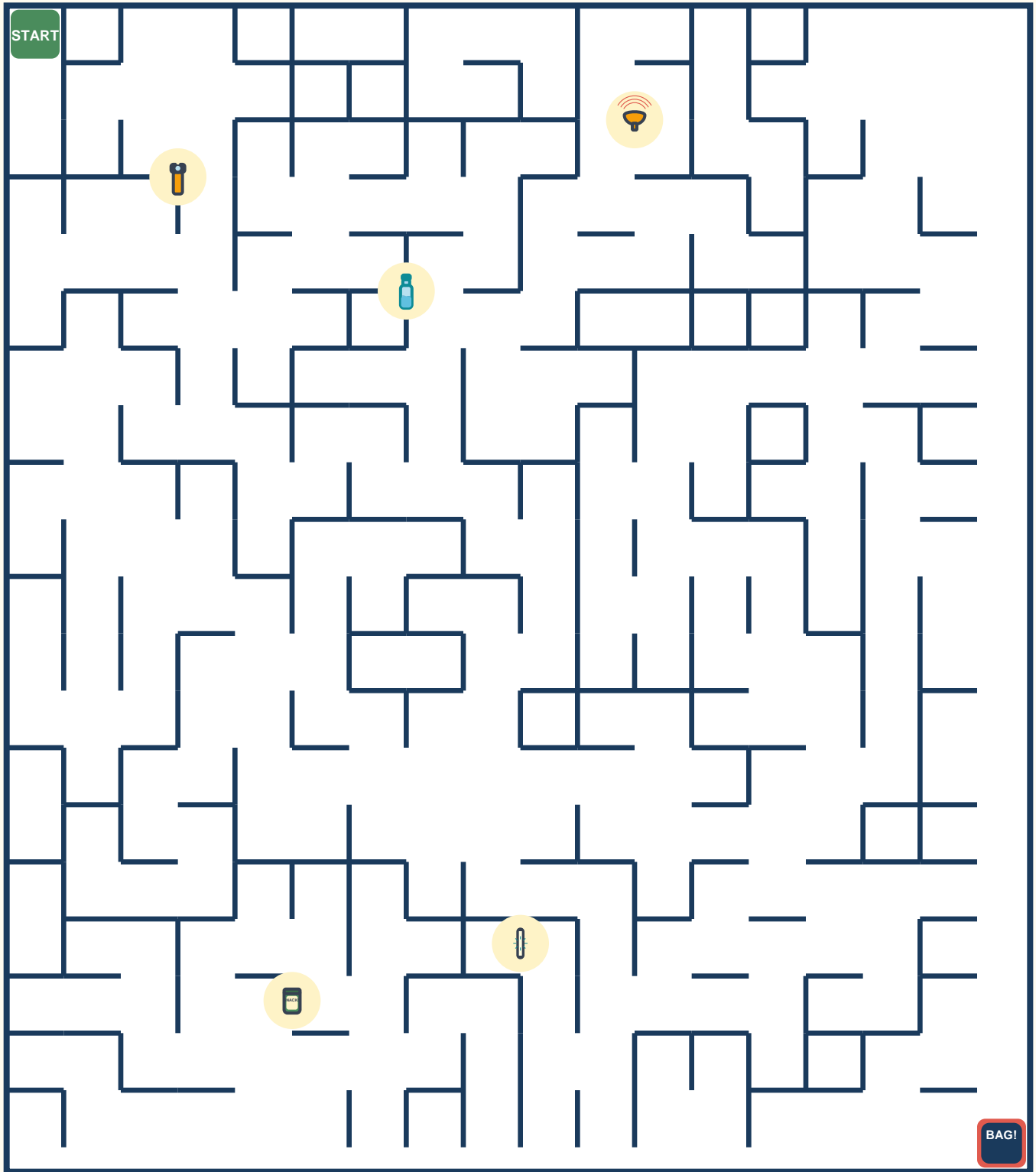
- Family go-bag is packed and stored in a known location**  
*Everyone knows where it is*
- Water supply is stocked (1 gallon per person per day, 3 days)**  
*Check dates every 6 months*
- First aid kit is stocked and not expired**  
*Check bandages, medications, wipes*
- Hand-crank or battery weather radio is working**  
*Tune to NOAA for a test*

## Comfort Plan for Children

- Each child has their Bravery Buddy in their go-bag**  
*Named stuffed animal or comfort object*
- Family photo card is made and placed in each go-bag**  
*Include phone numbers on the back*
- Each child knows the Three Slow Breaths technique**  
*In 4 counts, hold 2, out 4 — practice daily*
- Child can say: 'My name is \_\_\_\_, I need help, my number is \_\_\_\_'**  
*Practice this script until automatic*

# MAZE: FIND YOUR WAY TO THE GO-BAG!

Help Mia collect all 5 items before reaching the go-bag! Color each item when you find it.



Find



Flashlight

ns



Water



Whistle



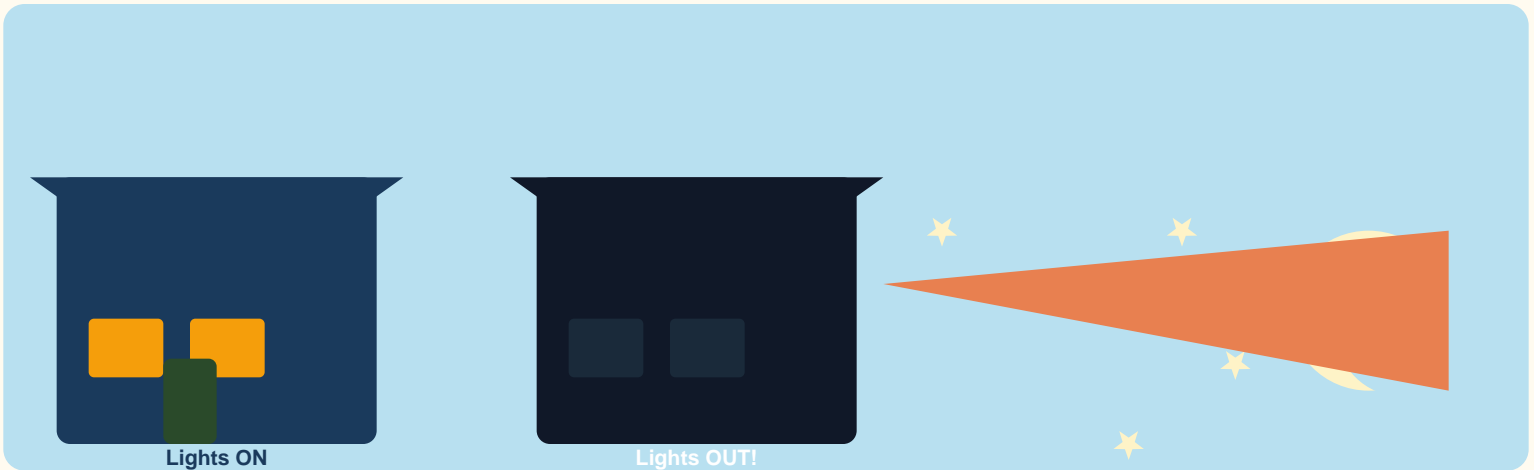
Snack



Glove

# A STORY: READY, NOT SCARED

The Night the Lights Went Out — A Story for Children Ages 3 to 9



Mia was four years old, and she loved three things: her stuffed rabbit Coco, glow sticks, and her family's orange bucket that lived by the closet door.

*"What's in the bucket?" she had asked her dad one Saturday morning.*

*"Everything we need if something unexpected happens," he said. "Want to look inside?"*

They spread everything on the kitchen floor. A flashlight. Water bottles. Snacks. Mia's Coco. A little fleece blanket. A card with a photo of their whole family and the phone numbers on the back. Glow sticks! And Mia's favorite — a tiny coloring pad with triangular crayons that wouldn't roll away.

*"This is MY stuff?" she said.*

*"Yours is in your blue backpack," said Dad. "You're part of our family's plan."*

Mia felt something warm inside. Not the warm of being scared. The warm of being ready.

Three weeks later, it happened.

Mia was in bed when — click — everything went dark. The nightlight. The hall light. The little hum of the refrigerator. All gone.

Her tummy felt tight. But then she remembered.

*“Mom!” she called. “Power outage!”*

*Mom appeared in the doorway. “Power outage,” she confirmed. “What do we do?”*

*“Get the flashlight!” said Mia.*

She didn’t wait. She knew where it was. She had found it twenty times in the game. She padded down the hall, opened the closet, and grabbed it. Click. Light flooded the hallway.

Her little brother Jonas, who was three, was sitting in his doorway, lower lip wobbling.

*“Jonas,” said Mia, in her most calm voice (the one she’d practiced), “it’s okay. We’re prepared.”*

She held out a glow stick. His eyes went wide. She cracked it and handed it to him.

He stopped wobbling. He started glowing.

Mom made hot cocoa on the camp stove. Dad found the hand-crank radio. Mia opened her coloring pad. Jonas waved his glow stick like a conductor’s baton.

Later, when the lights came back on, Mia looked around at her family — warm, calm, together.

*“That was actually kind of fun,” said Jonas.*

*Mia hugged Coco and nodded. “That’s what happens,” she said, “when you’re ready.”*

THE END — You can be ready too! ♥

## Tips for Parents and Caregivers

- ★ **Read this story together and pause to ask:**  
What would YOU do if the lights went out? What’s in YOUR go-bag?
- ★ **Make it a game, not a lesson:**  
The Flashlight Find — how fast can they find it in 30 seconds? Practice until automatic.
- ★ **Give every child one real job:**  
Mia’s job was the flashlight. Jonas’s was the glow stick. Real jobs build real confidence.
- ★ **Practice Three Slow Breaths:**  
In 4, hold 2, out 4. Do it at bedtime. Do it in the car. Do it when calm, so it’s there when not.
- ★ **Celebrate readiness:**  
Say ‘Our family is prepared!’ with pride. Make it part of your family identity, not just a task.

Ready families raise confident kids. You’ve already started. ♥