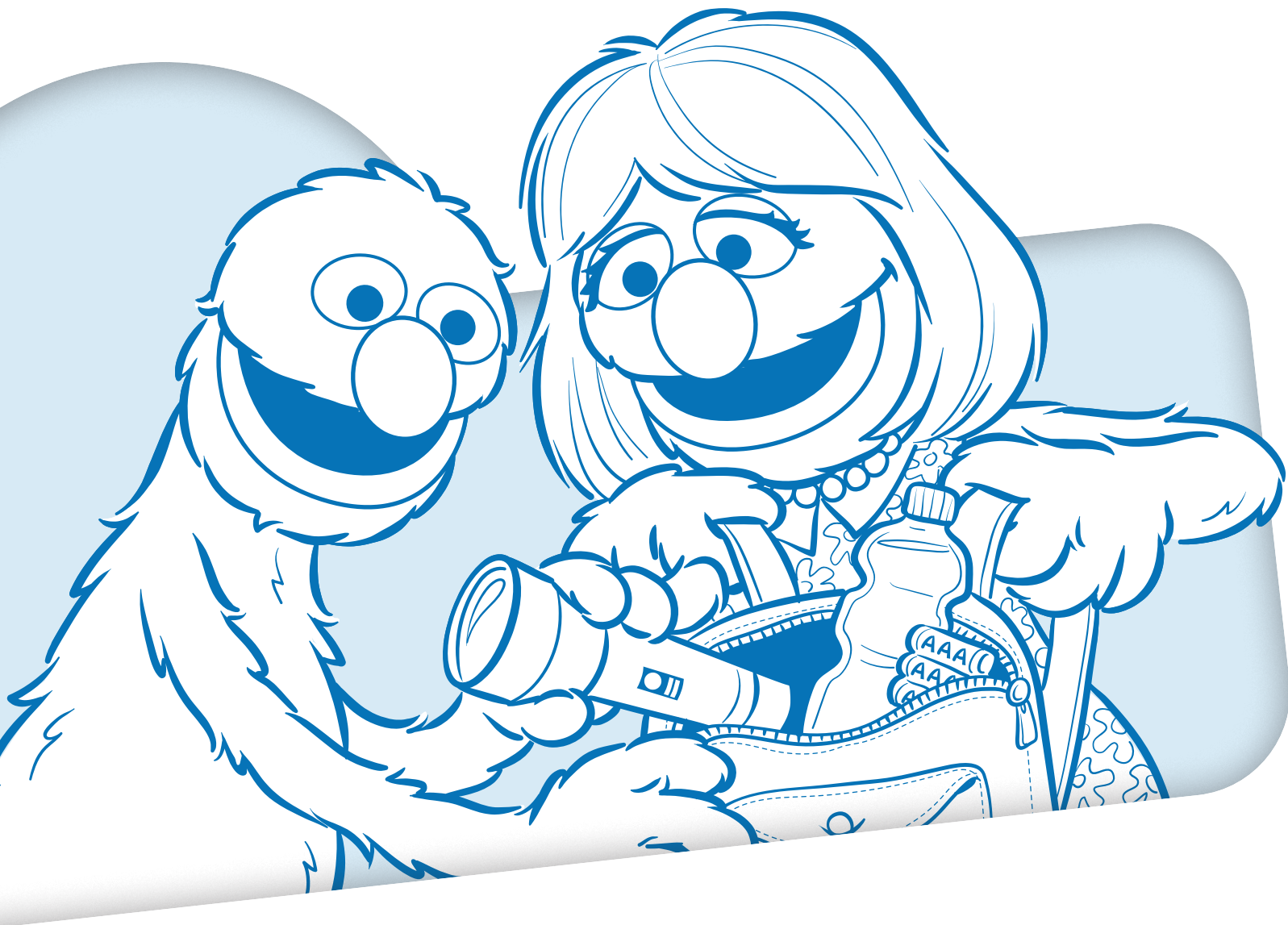





Let's Get Ready

PLANNING TOGETHER FOR EMERGENCIES



Family Guide

-  Making an Emergency Plan Together
-  Helping Your Child Learn and Practice Personal Information
-  Creating a Family Emergency Kit

[Sesame.org/Emergencies](https://www.sesame.org/emergencies)

Let's Get Ready

PLANNING TOGETHER FOR EMERGENCIES

A creation of



Sesame Workshop is the global nonprofit behind *Sesame Street* and so much more. For over 50 years, we have worked at the intersection of education, media, and research, creating joyful experiences that enrich minds and expand hearts, all in service of empowering each generation to build a better world. Our beloved characters, iconic shows, and outreach in communities bring playful early learning to families in more than 190 countries and advance our mission to help children everywhere grow smarter, stronger, and kinder.

Learn more at sesame.org and follow Sesame Workshop on Instagram, TikTok, Facebook, and X.

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For more information and tips to help your family prepare for an emergency,
visit Sesame.org/Emergencies

Let's Get Ready

PLANNING TOGETHER FOR EMERGENCIES

Hello, Families!

Being prepared is an important part of life, and getting ready for emergencies doesn't have to feel scary. Learning about safety helps children understand the world around them, builds confidence, and teaches life lessons that will help them stay safe now and as they grow.

The **Let's Get Ready** family guide includes tips and activities designed to help all children and families prepare for an emergency.

What's Inside

- » **Prepare Your Child:** Easy ways to help children learn and remember information like their own and their parents' whole names, phone numbers, addresses, and the names of the people who help keep them safe.
- » **Prepare Your Family:** Simple tools to help you create a family emergency plan and an emergency kit.
- » **Interactive Pages:**
 - » 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

EXPLAINING EMERGENCIES TO CHILDREN

An emergency is when something unexpected happens that could make it unsafe, like a big storm, a fire, or a power outage during bad weather. Even if it feels surprising or makes us nervous, we can stay calm and be ready by practicing what to do.

Getting ready for emergencies is just like buckling our seat belts or putting on helmets—it's one more way we keep ourselves and our families safe and strong!

Come along, and let's get ready together!

For more information and tips to help your family prepare for an emergency, visit Sesame.org/Emergencies

Let's Get Ready

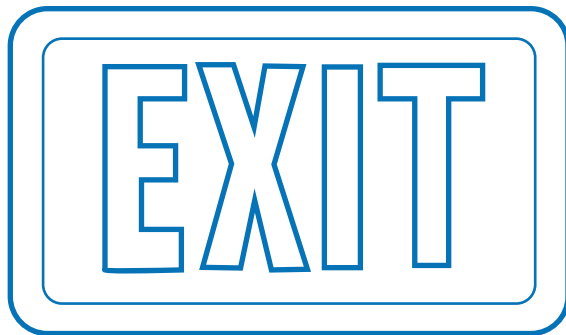
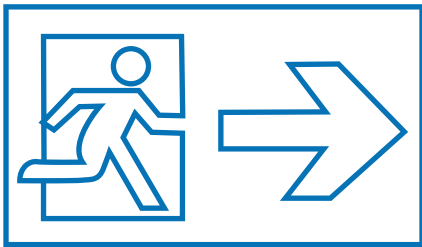
PLANNING TOGETHER FOR EMERGENCIES

Understanding Emergencies

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 and color the pictures below, then read the captions and answer the questions together.

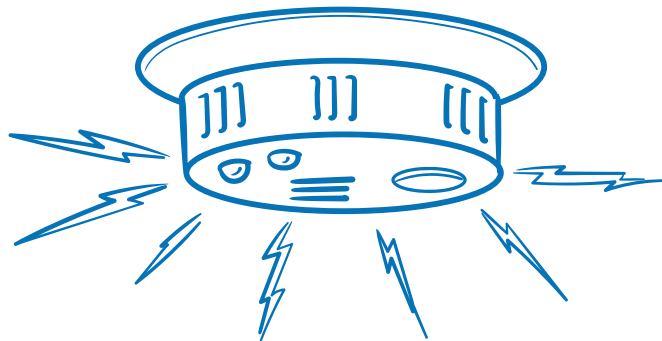
Exit Sign

An EXIT sign shows us the way to leave safely during an emergency. If we ever need to get out fast, we can follow the EXIT signs. **Where have you seen an EXIT sign before?**



Smoke and Carbon Monoxide Alarms

These alarms make a loud **BEEP, BEEP, BEEP** to get our attention! If you hear one, it means you need to get outside quickly and stay outside until a grown-up says it's safe to go back in. **Where have you seen a smoke alarm or a carbon monoxide alarm?**



For more information and tips to help your family prepare for an emergency, visit Sesame.org/Emergencies

Let's Get Ready

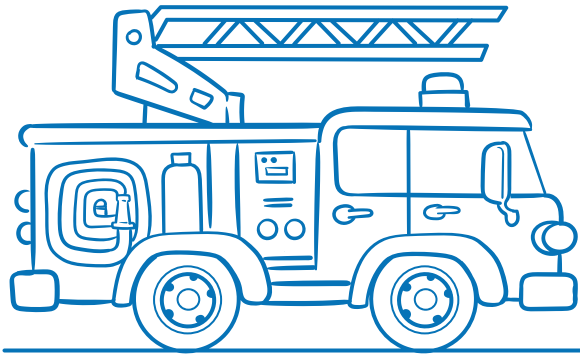
PLANNING TOGETHER FOR EMERGENCIES

Understanding Emergencies (continued)

Fire Truck

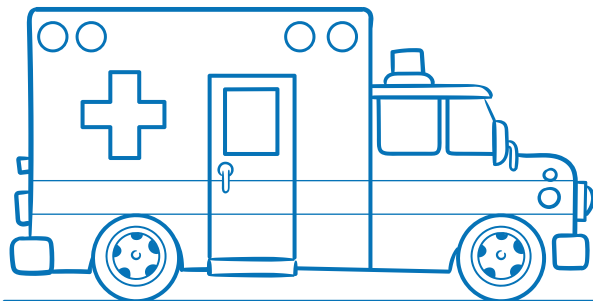
A fire truck has bright flashing lights and a loud siren to get everyone's attention and let people know that helpers are coming. Firefighters ride in fire trucks to help put out fires and rescue people who need help.

What other helpers drive cars with sirens and flashing lights?



Ambulance

An ambulance is a special vehicle that brings helpers—like paramedics and EMTs—to people who are hurt or sick. These helpers can give care on the way to the hospital if someone needs extra help. **What other helpers use special vehicles to get to people who need help?**



For more information and tips to help your family prepare for an emergency, visit [Sesame.org/Emergencies](https://www.sesame.org/emergencies)

Let's Get Ready

PLANNING TOGETHER FOR EMERGENCIES

I Know Our First and Last Names

In case of an emergency, it's important for your child to know their full name and the full names of parents, caregivers, or other trusted adults. If you and your child ever get separated, knowing these names can help trusted helpers reunite you quickly. It's fun and easy to practice!

The Name Song

Sing this song to practice your whole name and the names of the people who take care of you. 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!

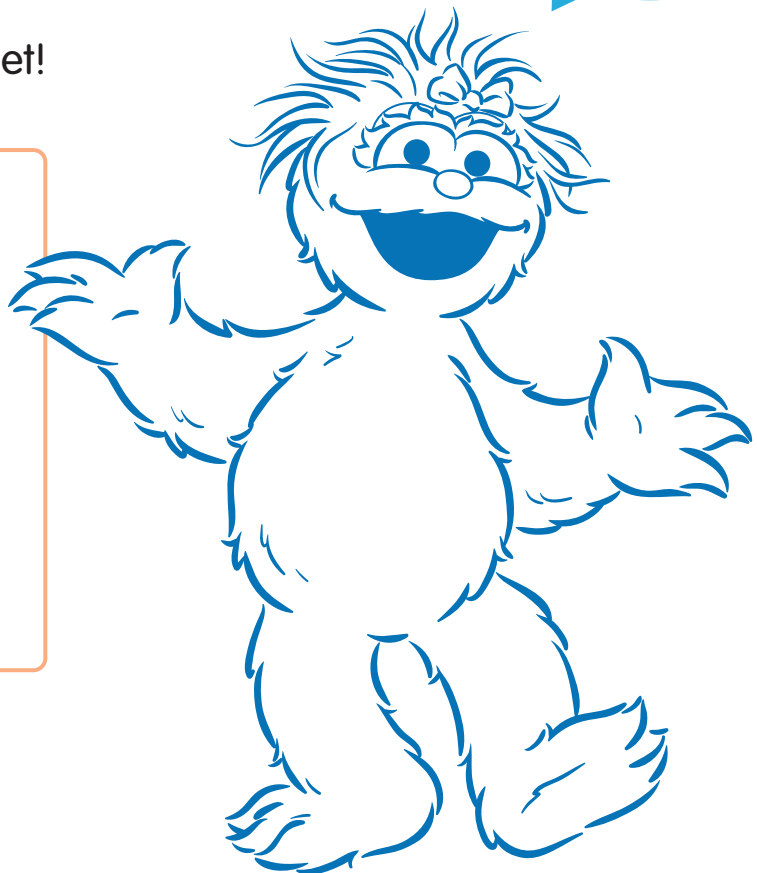
Rosita de las Cuevas;
now I bet
that's a name
you'll never forget!

EVERYDAY TIP

Play a silly Knock Knock game to help your child practice saying their own full name—and the names of their trusted grown-ups, too! For example, "Knock, knock!...Who's there?... Rosita!... Rosita who?...Rosita de las Cuevas!" Repeat for every member of your family and the trusted grown-ups in your child's life.

SAFETY NOTE

Remind your child that it's okay to share their full name with safe helpers like teachers, police officers, or other trusted grown-ups if they need help.



Listen to the song here!

For more information and tips to help your family prepare for an emergency, visit Sesame.org/Emergencies

Let's Get Ready

PLANNING TOGETHER FOR EMERGENCIES

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.



I Know My Address!

Write your address on the line below. Let them know that knowing your address helps helpers like police officers, firefighters, and other trusted adults find you quickly if you ever need help.

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?"

SAFETY NOTE

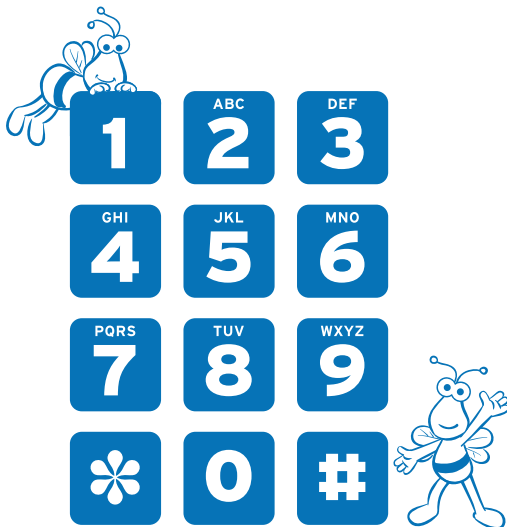
Remind your child to share their address only with safe helpers like teachers, police officers, or other trusted adults.



I Know Phone Numbers!

Write an important phone number your child should remember on the line below. Then help them use their finger to practice pressing the numbers on a pretend phone.

PHONE NUMBER



EVERYDAY TIP

Explain that 9-1-1 is a very special number to call or text when help is needed during an emergency and no other grown-up is nearby. Practice together by pretending you are the helper on the other end of the call and asking children: "What is your name?" "What is your address?"

SAFETY NOTE

Remind children that 911 is only for emergencies. You know your child best, teach this skill if you feel they are ready for the responsibility.

For more information and tips to help your family prepare for an emergency, visit Sesame.org/Emergencies

Let's Get Ready

PLANNING TOGETHER FOR EMERGENCIES

Helpers Keep Me Safe and Sound

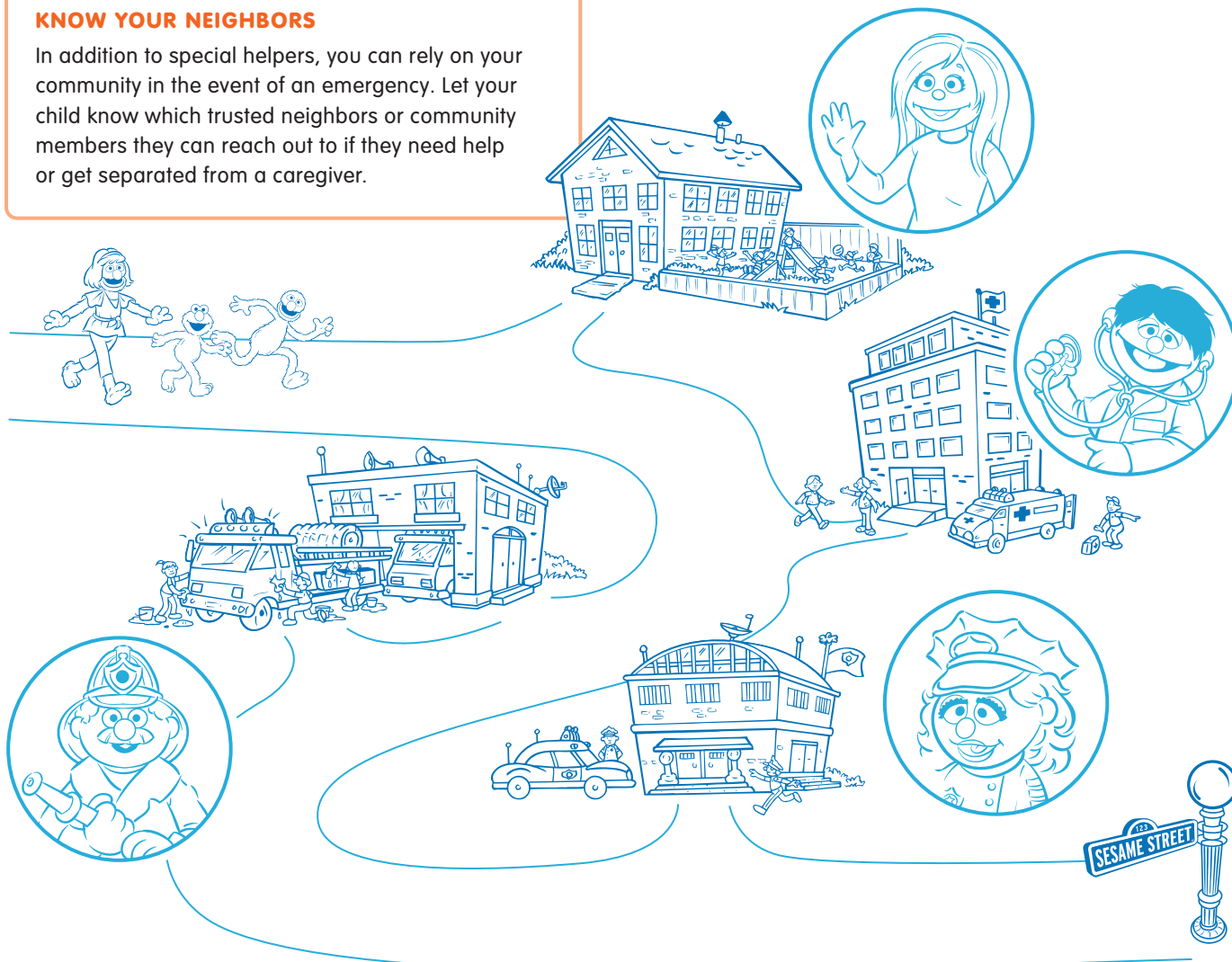
Our neighborhoods are filled with special helpers who are ready to help us if we need it. Firefighters, police officers, doctors, nurses, utility workers, teachers, paramedics, and other emergency responders all work hard to keep us safe. Community helpers can look different in different places, but they are all there to help! Point out different helpers and vehicles you might see in your daily life.

★ Play Together! Helpers in Your Neighborhood

Use your finger, a crayon, or a marker to help Elmo, Grover, and Grover's mommy visit their neighborhood helpers! As you play, talk about what each helper does to keep people safe. How many different helpers can you name?

KNOW YOUR NEIGHBORS

In addition to special helpers, you can rely on your community in the event of an emergency. Let your child know which trusted neighbors or community members they can reach out to if they need help or get separated from a caregiver.



For more information and tips to help your family prepare for an emergency, visit Sesame.org/Emergencies

Let's Get Ready

PLANNING TOGETHER FOR EMERGENCIES

Let's Make and Share Our Plan

Making a family emergency plan helps everyone know what to do if something unexpected happens. Use this page to write down important contact information for your family—including parents, caregivers, grandparents, and other trusted adults. Make copies and share the plan with teachers, babysitters, and other people who help care for your child. You might also take a picture to keep on your phone or use a virtual planning app.

The _____ Family's Emergency Plan

You can copy this page to include all household members.

1.

FAMILY MEMBER'S FULL NAME

ROLE IN THE FAMILY

ADDRESS (include apartment or unit number if needed)

ADDRESS

CELL PHONE NUMBER

OTHER PHONE NUMBER

EMAIL ADDRESS

3.

FAMILY MEMBER'S FULL NAME

ROLE IN THE FAMILY

ADDRESS (include apartment or unit number if needed)

ADDRESS

CELL PHONE NUMBER

OTHER PHONE NUMBER

EMAIL ADDRESS

PET'S NAME

2.

FAMILY MEMBER'S FULL NAME

ROLE IN THE FAMILY

ADDRESS (include apartment or unit number if needed)

ADDRESS

CELL PHONE NUMBER

OTHER PHONE NUMBER

EMAIL ADDRESS

4.

FAMILY MEMBER'S FULL NAME

ROLE IN THE FAMILY

ADDRESS (include apartment or unit number if needed)

ADDRESS

CELL PHONE NUMBER

OTHER PHONE NUMBER

EMAIL ADDRESS

PET'S NAME



FAMILY PHOTOS

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

For more information and tips to help your family prepare for an emergency, visit Sesame.org/Emergencies

Let's Get Ready

PLANNING TOGETHER FOR EMERGENCIES

Let's Make and Share Our Plan (continued)



Emergency Contacts

Emergency contacts are the trusted people who can help keep your family connected and safe during an emergency. Write down the different people your family might rely on.

1. Out-of-Town Emergency Contact: Choose someone who lives in a different city or state. Sometimes it's easier to call or text someone who lives farther away if local phone lines are busy after an emergency.

FULL NAME

ROLE IN THE FAMILY

ADDRESS (include apartment or unit number if needed)

ADDRESS

CELL PHONE NUMBER

OTHER PHONE NUMBER

EMAIL ADDRESS

2. Local Emergency Contact: Choose someone nearby who can help, like a neighbor, close family friend, or relative.

FULL NAME

ROLE IN THE FAMILY

ADDRESS (include apartment or unit number if needed)

ADDRESS

CELL PHONE NUMBER

OTHER PHONE NUMBER

EMAIL ADDRESS



Emergency Meeting Place

Pick a safe, easy-to-find place where your family will meet if you can't get home after an emergency. Some ideas: a neighborhood park, a friend's house, a community center, or a library.

NAME OF LOCATION

TYPE OF ESTABLISHMENT

ADDRESS

PHONE NUMBER



Neighborhood Helpers

In an emergency, call 9-1-1 right away to reach police officers, firefighters, or ambulance helpers. You can also keep these important numbers handy:

1-800-222-1222

POISON CONTROL

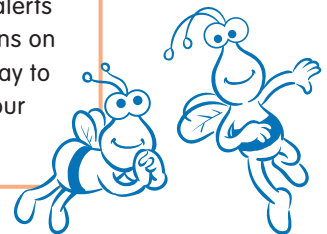
FAMILY DOCTOR(S)

LOCAL HOSPITAL OR CLINIC

OTHER IMPORTANT ADULTS (like trusted neighbors or friends)

TIP

Sign up for local weather alerts and emergency notifications on your phone! It's an easy way to stay informed and keep your family safe.



For more information and tips to help your family prepare for an emergency, visit Sesame.org/Emergencies

Let's Get Ready

PLANNING TOGETHER FOR EMERGENCIES

Let's Make and Share Our Plan (continued)

Schools and Workplaces

1.

CHILD'S FULL NAME _____

CHILD-CARE PROGRAM OR SCHOOL _____

ADDRESS (include apartment or unit number if needed) _____

ADDRESS _____

TEACHER OR CHILD-CARE PROVIDER'S WHOLE NAME _____

PHONE _____

EVACUATION LOCATION _____

2.

PARENT OR GUARDIAN'S FULL NAME _____

WORKPLACE (or other daytime location) _____

ADDRESS (include apartment or unit number if needed) _____

ADDRESS _____

PHONE _____

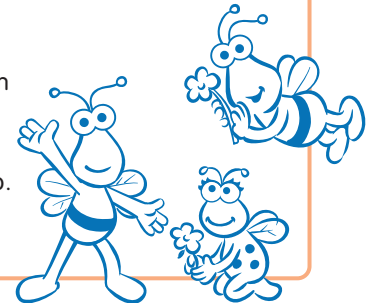
EVACUATION LOCATION _____

TIPS

Review your school, childcare, and workplace emergency plans at least once a year—or any time something important changes. Ask about:

- » **Evacuation plans** — Where do children go if they must leave the building?
- » **Relocation sites** — Where would children be taken if they can't return to school?
- » **Communication plans** — How will the school contact you? Is there a backup plan if phones or internet are down?
- » **Release procedures** — Who is allowed to pick up your child?
- » **Medical and medication information** — How is your child's health information handled during emergencies?

Record this information in your family emergency plan so everyone — parents, caregivers, and trusted adults — knows what to do.






















Let's Get Ready

PLANNING TOGETHER FOR EMERGENCIES




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

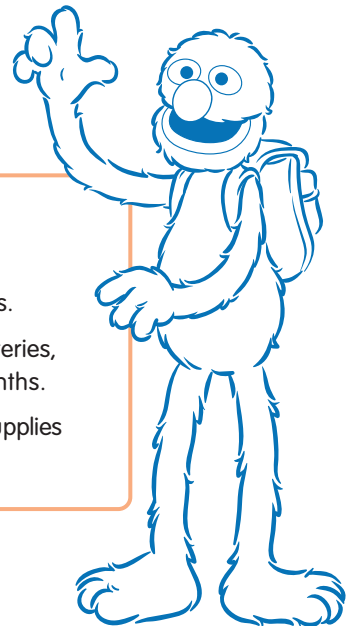
- ☐  Water (one gallon per person per day, for three days)
- ☐  Non-perishable food, including items you know children will eat like a favorite granola bar. (three-day supply)
- ☐  Solar or battery-flashlight and extra batteries
- ☐  Solar or battery-powered radio and extra batteries
- ☐  First aid kit
- ☐  Blankets
- ☐  Medicines (reach out to your healthcare provider about back-up prescription medication)
- ☐  Extra clothes and shoes
- ☐  Extra cash
- ☐  Copies of important documents such as Driver's Licenses, Passports, Birth Certificates, Social Security Cards, or Medical ID cards and insurance Info
- ☐  Phone chargers and/or portable battery packs
- ☐  Face masks
- ☐  Hand sanitizer
- ☐  Hard copies of emergency contact sheet
- ☐  Pet supplies (food, leash, carrier)
- ☐  Spare set of car and house keys
- ☐  Plastic trash bags
- ☐  Moist towelettes and other hygiene supplies
- ☐  Sunscreen and insect repellent

Important Items for Children

- ☐  Small toys or comfort items for children
- ☐  Items for children (paper, crayons, books, headphones, 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!



For more information and tips to help your family prepare for an emergency, visit Sesame.org/Emergencies