

Thinking Ahead: A Care Plan

Use this page to write down important information to care for your family. Fill out a copy for each child in the family and keep this page in a place where children know where to find it. Explain to children that this plan can be shared with safe grown-ups if someone in the family needs help.



My safe grown-ups:



Their phone numbers:

IMPORTANT INFORMATION:

WHO WILL TAKE CARE OF ME

MY PEDIATRICIAN

MY SCHOOL

THINGS I NEED:

THESE ARE THE MEDICATIONS I TAKE

MY COMFORT ITEM(S)

MY ROUTINES:

My parent's name is:

My parent is _____ years old.



**In case of
emergency
I can call**

911

Locations for life saving medications:
