

# Emergency Readiness

Simple ways to teach kids calm, safe, and confident responses to emergency situations.

## Why talk about emergencies?

- Kids feel safer when they know what to do in scary situations
- Practice builds confidence, not fear
- Clear steps reduce panic in stressful moments

[Emergency Card  
\(Printable Download\)](#)



## What kids should know:



### How to call for help:

- When to call 911
- How to use your MyPhone to call 911

### Know where you are:

- Home address
- Caregiver names

### How to stay calm:

- Take deep breaths
- Speak slowly and clearly

### Get to a safe place:

- Stay where it is safe
- Don't open doors to strangers

## What kids should say in an emergency:

**“Hi, my name is Anders Johnson.  
My mom isn’t responding and  
I need help.”**

MyPhone automatically shares your registered home address, so kids just need to say who they are and what’s wrong.



## How to talk to children about emergencies:



### Keep it simple

- Use clear, age-appropriate language
- Focus on just 2-3 key actions

### Be calm and reassuring

- Avoid overwhelming details
- Emphasize that you are helping them learn

### Use real-life examples

- “If someone gets hurt, do this...”
- “If you smell smoke or see a fire, do this...”

### Practice with role playing

- “What would you do if...”
- “What would you say when you call 911?”

