



## Every Parent's "Must Do" List

**We all hope it never happens to us... but if it does, it's best to be prepared. Use this checklist to revise your family's emergency strategies.**

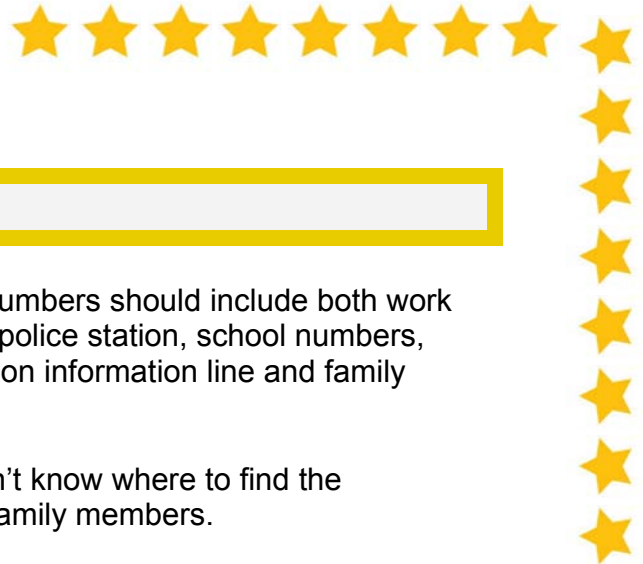
### Ringling 000

Every child over the age of 2 should know how to use the phone in case of emergency. Teach your child how to use the phone, dial 000 (be sure to use the word zero not o). Have children practise saying their address and what has happened. Be sure to explain what is and is not an emergency!

### Babysitter List

Make a list of essential numbers for your babysitter. The list should include your mobile numbers, local hospital number, the number of the local police station and a neighbour's number whom they can ring in the event of emergency. The list should also include the number of another family member in case you can't be contacted.

If you laminate the list, you can easily write in felt tipped pen the number of where you are going each time without having to rewrite the list.



## Useful Number List

Make a list of useful numbers for your fridge. Numbers should include both work and mobile numbers for family members, local police station, school numbers, medical numbers, doctor, dentist, hospital, poison information line and family numbers.

You would be surprised how many children don't know where to find the telephone number of Grandparents and other family members.

You may also like to include the names and numbers of other parents whom you know can pick up your child from school if needed.

## Fire Drill

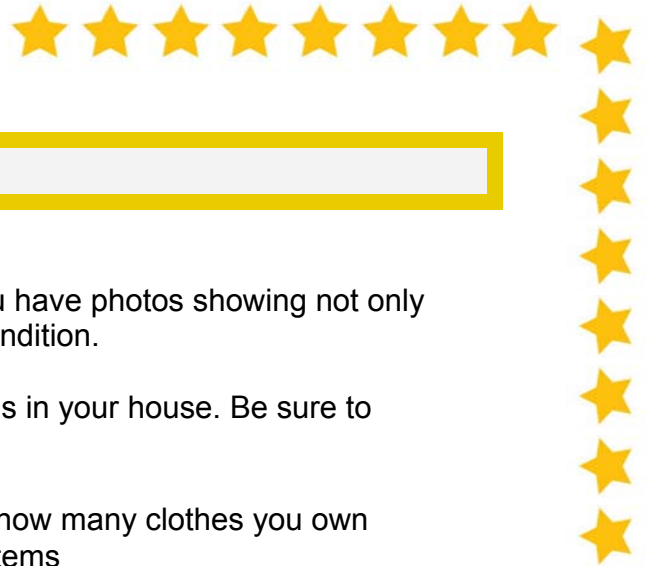
At least twice a year, every family should practice a fire drill.

- Set your alarm off so children know what it sounds like and what it means
- Discuss the most likely places a fire could start
- Revise exits routes from the house
- Choose a central place to meet once you have got out of the house
- Practise your fire drill
- Ensure all family members know how to use the fire blanket and fire extinguishers and also where they are kept

Check the batteries in your smoke alarms as well!

## Survival Kit

No matter where you live your family should have a survival kit. This can be as simple as a well-stocked first aid kit, torch, radio, spare batteries and a well-stocked pantry. Your pantry should have enough non-perishable items for your family to survive for 5-7 days. Things such as tinned food, bottles, water and dry packaged goods. Items should be able to be consumed without the use of electricity for heating etc.



## Insurance Photos

Insurance claims are always made easier if you have photos showing not only that you did indeed own the item but also its condition.

Take photos on a digital camera of all the rooms in your house. Be sure to capture

- Each item of furniture
- Inside your cupboards so it can be seen how many clothes you own
- Close-up photos of the more expensive items

Burn the photos onto 2 DVD's. Keep a copy at your house but give a second copy to a family member in the event that yours is lost or destroyed.

## Where to Find

In the event of emergency ensure a family member knows where to find:

- Your will
- Personal documents such as birth certificates, marriage certificates and immunization records
- List of people to contact

We hope they never need it but it is best to be prepared.