

## CHILD SAFETY PLANNING CHECKLIST

Below are some tips to provide parents and caregivers of children the information they need to keep themselves and their children safe.

- Encourage your child that police are “helpers”
- Familiarize your child with possible traumatic places before a traumatic event (hospitals, police detachments etc.)
- If your child is known to wander, create a name tag (name, address, birthdate) to put on their personal belongings
- If your child is known to wander, purchase a panic button or contact alarm for your home.
- Create a 'safety plan' within your household in case of emergency
- Provide your child with a list of emergency phone numbers as well as safe places including addresses and contact information where they can go if needed.
- Find out what activities your child enjoys and use those to relieve anxiety

### IF YOUR CHILD HAS OTHER NEEDS

#### Developmental/Physical/Medical/Mental Health

- Speak to the specialists you are connected to for advice on your unique situation.
- For children who wander consider using an ID bracelet.
- Consider creating an “about me” document to provide to emergency personnel, service providers, and family if needed. Include things that make your child happy and things that upset your child, places they feel comfortable/places they would go if they were to leave home.

**The earlier you get your child connected to service providers the better. Please view “Services for Parents & Children” section for more information.**