

Dear Parents,

You, family members, and other adults are responsible for children's health and safety. Talk with children about who can help them, and teach them how to ask for help.

**Page 2** – Children need to know who will be taking care of them. Tell your child which family members, neighbors, or other adults you trust to care for them. Be sure your childcare has a list of adults who are allowed to pick up your child.

**Page 3** – Many young children feel comfortable with their teachers, bus drivers, babysitters, and other caregivers. Encourage them to ask questions or go to these people if they need help.

**Page 4** – Help children understand that doctors, nurses, dentists, and other “health helpers” can help them if they are sick or hurt. These people also help children stay healthy. Explain that they will have check-ups for their eyes, teeth, and their whole bodies.

**Page 5** – Talk with your child about community safety people, such as police officers or crossing guards. Explain that these people can help him if he is lost or scared.

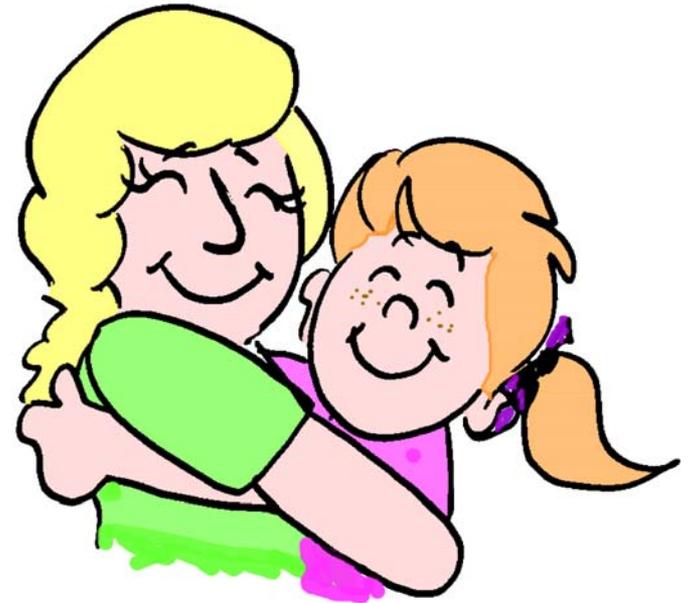
**Page 6** – Some children are afraid of fire fighters because of their protective clothing and gear, or the noise of the siren. Talk about how fire fighters can put out fires, but they also help people who are hurt or need help. Many fire departments are also community “Safe Places” for lost or runaway children.

**Page 7** – Explain that when people really need help fast, it is called an “emergency.” In an emergency, they can call “911” Show children how to call 911 on different kinds of phones, including cell phones. Talk about when to use 911. Explain that the telephone and 911 is not a game or toy.

Teach safety in a way that does not frighten children. Help children feel safe and secure. Tell them that you will do your best to take care of them. Let them know that there are also other people you trust to take care of them if they need help.

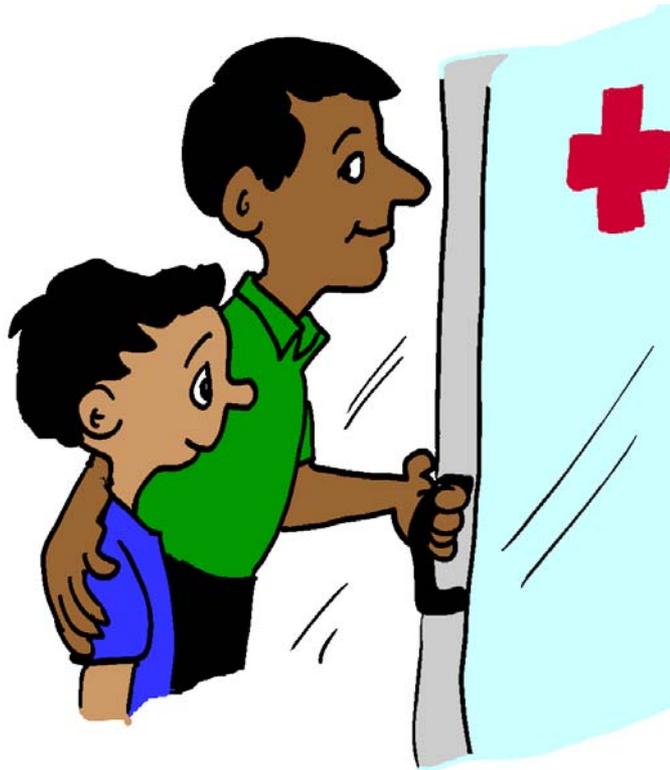
Written by Healthy Childcare Consultants, Inc.  
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# People who can help me



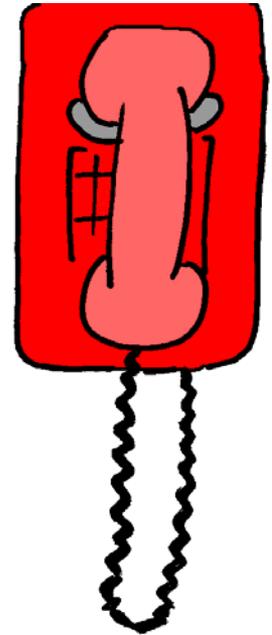
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Children need trusted adults to take care of them.



Parents and family members help you every day.

Do you know how to use a telephone or cell phone?



911

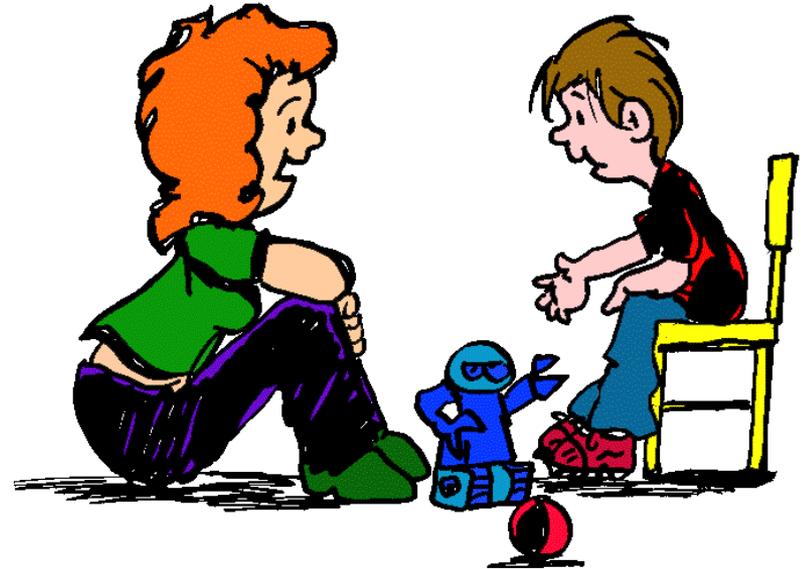
You can call 911 on the phone if you need help.

Fire fighters do more than  
just put out fires.



They also help people who  
are hurt and rescue  
people who are lost or  
trapped.

Your teachers also will  
help you.



You can ask questions  
or tell your teacher  
if something is  
bothering you.

When you are sick or hurt, there are people to help you.



Doctors, nurses, and other health helpers work in clinics, hospitals, and other places.

Safety helpers, like police officers and crossing guards, want to keep you safe.



You can ask these people for help if you are lost, scared, or hurt.