

Preparing School-Age Kids for Emergency Situations

Emergencies like power cuts, fires, or getting lost can scare 5–10-year-olds. In Pakistan, where busy streets and big families are common, teaching kids to stay calm and safe is crucial. Here's how.

Why Emergency Prep Matters

Kids who know what to do in a crisis feel empowered and less afraid. Simple skills can save lives in fires, accidents, or crowded bazaars.

Key Skills to Teach

1. **Emergency Contacts:**
 - Teach them your full name, phone number, and address. Sing it to a rhyme for memory.
 - Practice: “If you’re lost, tell a police uncle, ‘My Ammi is Sana, call her!’”
2. **Calling for Help:**
 - Show how to dial 15 (police) or 1122 (ambulance) on a phone. Say, “Tell them, ‘My Abbu fell, we’re at home!’”
 - Use a toy phone for practice.
3. **Fire Safety:**
 - Teach: “If you see fire, don’t hide. Crawl low and go outside.”
 - Practice a home escape plan: “Run to the gate if you hear the smoke alarm.”
 - Desi tip: Warn about kitchen stoves during chai time.
4. **Getting Lost:**
 - Say: “Stay where you are and tell a shopkeeper or guard, ‘I’m lost.’ Don’t go with strangers.”
 - Practice phrases at home: “My name is Ali, call my Ammi.”
5. **First Aid Basics:**
 - Teach: “If someone’s hurt, get an adult fast. Don’t touch blood.”
 - Show how to press a cloth on a cut to stop bleeding.

How to Teach

- **Keep it simple:** Use short rules like “Stop, call, stay.”
- **Role-play:** Act out “lost at market” or “fire at home” scenarios.
- **Repeat monthly:** Quiz: “What’s our address?” or “What’s 1122 for?”
- **Use stories:** Share tales of brave kids who called for help to inspire them.
- **Stay calm:** Avoid scary details; focus on being “smart and safe.”

Pakistani Context

- **Joint families:** Ensure Dadi or Baji know the plan to reinforce it.
- **Busy areas:** Teach extra caution in bazaars or during Eid shopping.
- **Power cuts:** Show them where torches or candles are (but only adults light candles).

Challenges

- **Fear:** If they're scared, reassure: "You're learning to be a hero!"
- **Forgetting:** Practice regularly to keep skills fresh.
- **Overconfidence:** Remind them to always get an adult first.

These skills give your child confidence to handle emergencies. Start with a phone number song today!