Additional requirement sheets and helps are available from ScouterMom.com.

1. Cover a family fire plan and drill, and what to do if separated from the family.

2. Discuss a family emergency plan with the family.

3. Create, plan, and practice summoning help during an emergency.

4. Take a nationally recognized first-aid course geared toward children such as American Red Cross First Aid for Children Today (FACT).

5. Join a safe kids program such as McGruff Child Identification, Internet Safety, or Safety at Home.

6. Show and tell your family household what you have learned about preparing for emergencies.