1. Create a checklist to keep your home safe.

2. Discuss a family emergency plan with the family.

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

4. Learn emergency skills and care for choking, wounds, nosebleeds, falls, and animal bites. The emergency skills should include responses for fire safety, poisoning, water accidents, substance abuse, and more.

5. Join a safe kids program such as the McGruff Child Identification program. Put on a training program for your family or den on stranger awareness, Internet safety, or safety at home.

6. Make a presentation to your family on what you have learned about preparing for emergencies.