

**Dear Parents,**  
**Adults are responsible for children's health and safety. Talk with children about who can help them. 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 member, neighbor, or other adult you trust to care for them. Give your childcare or school a list of adults who are allowed to pick up your child.

**Page 3** - Many young children feel comfortable with their teacher, bus driver, babysitter, 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 children about community safety people, such as police officers and crossing guards. Explain that these people can help if they are 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. Fire fighters also help people who are hurt or need help. Most fire departments are also "Safe Places" for lost or runaway children.

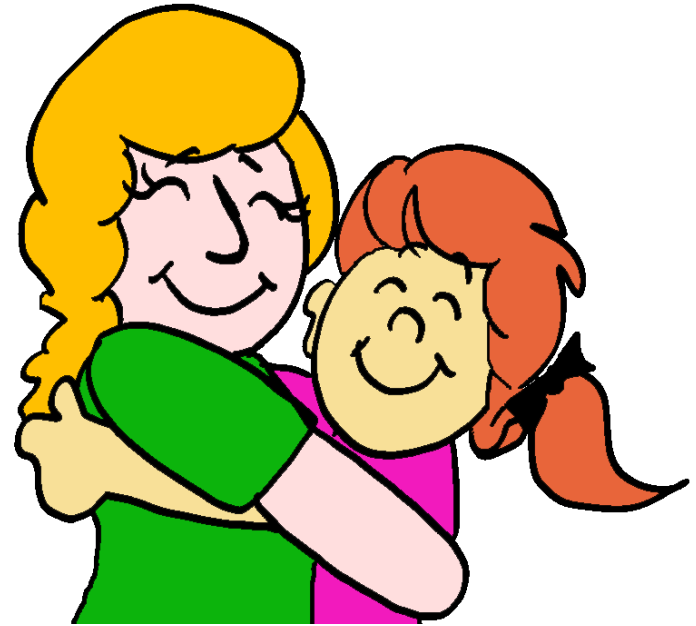
**Page 7** - When people need help fast, it is called an "emergency." In an emergency, they can call "911." Practice calling 911 on different kinds of phones -- unplug or remove the battery from the phone before dialing. Talk about when to use 911. Explain that 911 is not a game or toy.

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

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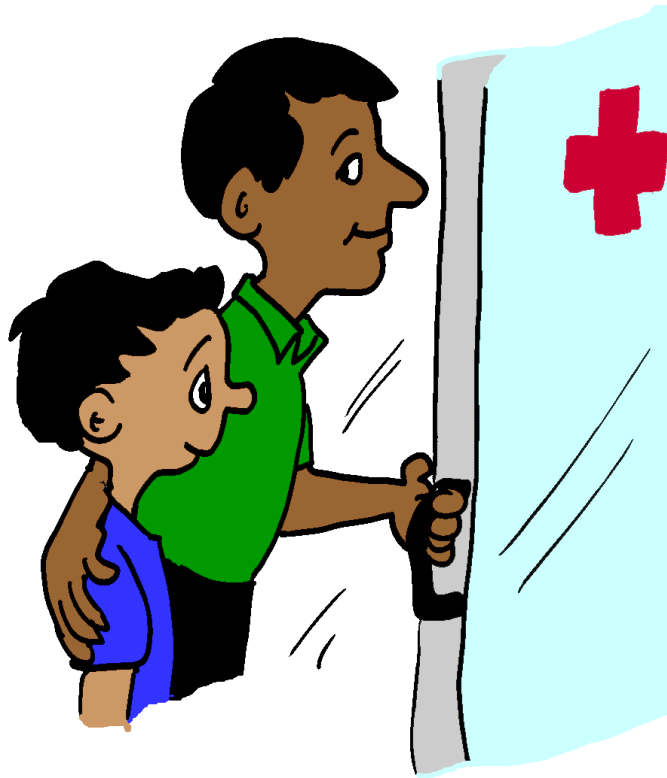
# People who can help me



Part of the *HIP on Health* series  
Written by Charlotte Hendricks  
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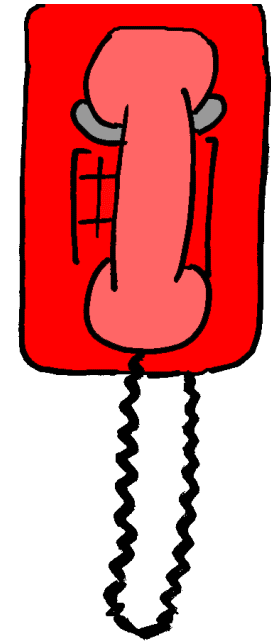


Children need trusted adults to take care of them.



Parents and family members help you every day.

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



911

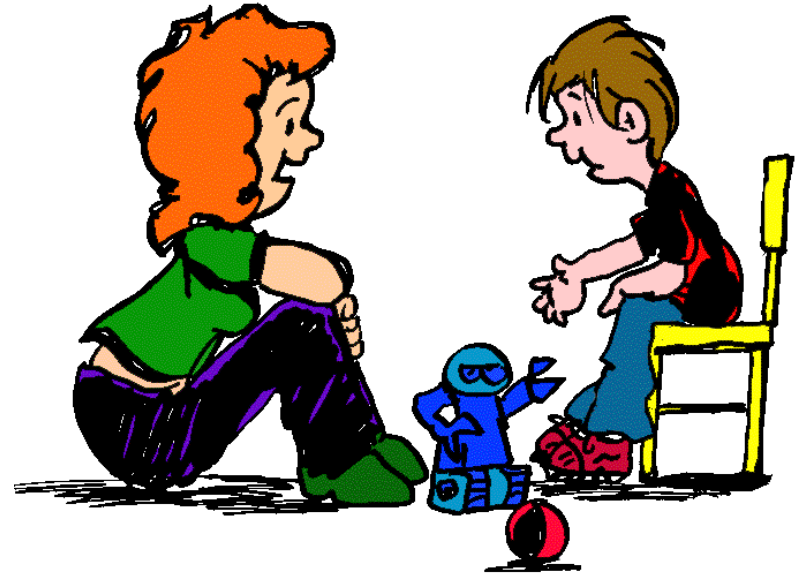
You can call 911 on the phone if you need help.

Fire fighters do more  
than 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.