

# Conversations with M.O.M. Training Children to prepare for a fire!

Creating a fire plan without creating fear!

[A Moment with M.O.M.](#)





## Creating a Family Fire House Plan

### Training Children to prepare for cases of fire!

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[www.amomentwithmom.com](http://www.amomentwithmom.com)

- Have each child draw a rectangle for each room of your home. Then add the doors and windows. Tape all your “rooms” together. You will then have the floor plan for your house. Make sure you label each room of your house. Have your children study the floor plan and discuss what would be the quickest, safest way out of the house. I suggest that you do not skip the activity for this project. Children learn best by doing! Have fun and get prepared together as a family in case of a Fire.
- Once you’ve routed the best way to get out of the house highlight that path on your floor plan. Then talk about what your second choice of escape would be. Draw that route in a different color.
- Laminate your house plan with simple clear contact paper or at your local office supply store. Hang the floor plan in a central location, we like to use the laundry room wall.
- Create a “meeting” place outside where everyone knows and agrees to meet in the event of a fire. This meeting place should be a safe distance from the house. Make sure that you let each other know you’re out of the house safely! Stress to the children the importance of NEVER going back in no matter what!! Too many lives are lost by people who went back in to rescue someone or something!!
- Teach children that in cases of fire you get out of the house first, then use a cell phone or neighbors phone to call for help. Discuss what neighbor they would ask for help, have at least two neighbors they can go to. Let your neighbors know what you’re teaching the children and that they have been picked as the neighbor of contact.
- Hold regular fire drills weekly at first (if not daily), then monthly, and never farther apart than quarterly. Use the Fire Drill Checklist to make sure you’re addressing each area of concern.
- Make sure that everyone in the family has access to the family fire plan including extended family that visits, babysitters and other caregivers.
- Test your smoke alarm monthly. We like to pick the first of the month to do these things because it’s easy to remember.
- Make sure that everyone can reach the doorknobs, and open windows as needed. If not, you must create a plan to assist with these individuals in the home.
- Replace your smoke detector batteries at least twice a year. We change ours with the time change. In autumn when we “fall” back and in spring, when we “spring” forward. Doing it at these times of years helps us remember to do it. Make sure you use the checklist we’ve created for these events as well!
- Replace your smoke alarms as needed or no less than every 10 years. Inspectorsnews.com suggests 5-7 years just to be safe and whenever you move into a home since you don’t know it’s condition.

**NOTE:** You can make this fun and pretty. Use crayons of different colors. On a separate piece of paper draw, color and cut out “furniture” to put in your house. They even have cute furniture stickers at the scrapbook store you might want to use. Children always love to play with stickers! Be as creative as you like!

## FIRE DRILL CHECKLIST

- Hold regular fire drills weekly at first (if not daily), then monthly, and never farther apart than quarterly. It's important to do this often so that it takes the fear out of the event and your children be comfortable responding to a fire.
- Teach children to test door knobs with the BACK of their hand first before they open it. If it is warm try a different escape route. If it is cool, open SLOWLY slam shut if smoke begins pouring through.
- Teach the children to crawl on the floor if there is a lot of smoke. Practice this as a family now. Crawl your route of escape as a family pretend you can't see through the smoke, talk your children through the process.
- Teach children how to open locks on doors or windows in case of emergency. Actually do this as part of your fire drill from time to time.
- Teach children to call out once they are at the "meeting" place. Saying their name and that they are here and safe. For example, "Jeanette here and safe!" have them say it loudly and talk with them about the noise and confusion that can happen when events like this take place.
- Make sure you've tried to present a variety of settings to your children. For example, at first tell children that you're conducting fire drills, then do some surprise fire drills, block your 1st route choice, add obstacles, change the time of day you drill. Make sure that with each fire drill your family is improving on their response. Keep practicing until you get it right!
- Talk about each fire drill, what you could have done better, time how long it takes you to get out of the house, make sure everyone is going to the meeting place, stating they are there, even have them go to the neighbor they will go to for help. It's important that **every step** of response has become as natural as possible.
- Teach children how to STOP DROP and ROLL in the event their clothes catch on fire while leaving the building.

**ACTIVITY:** Take a trip to your local Fire Department. Ask if they will show you around, if they have any coloring books or other items for the children. In our experience the fire department has always been willing to spend time with us sharing what they do, their equipment and talking with the children about Fire Safety. Take your house plan to them and ask if they have any suggestions.

# KITCHEN FIRE CHECKLIST

1. Don't wear loose fitting clothing in the kitchen
2. Never leave the kitchen unattended while cooking
3. Never leave a child unattended while cooking
4. Keep towels and items that can catch on fire away from your stove,
5. Keep a fire extinguisher under your kitchen sink
6. Keep pot handles turned inward to avoid them being bumped
7. Learn how to use a fire extinguisher- Remember the word PASS

**P**ull the pin and hold the extinguisher with the nozzle pointing away from you

**A**im Low. Point the Extinguisher at the base of the fire

**S**queeze the lever slowly and evenly

**S**weep the nozzle from side to side

**NOTE:** Only use a fire extinguisher if you have been trained to do so by your local fire department, the fire is confined to a small area, the room is NOT filled with smoke, everyone is out of the building and the fire department has been called.

## Family Fire House Plan Checklist

<b>Floor Plan</b>																			
<b>1st and 2nd Escape Route Created</b>																			
<b>Designated "Meeting" Place</b>																			
<b>Designated Neighbor to Contact</b>																			
<b>Weekly Fire Drill</b>																			
<b>Monthly Fire Drill</b>																			
<b>Quarterly Fire Drill</b>																			
<b>Change Batter- ies in Smoke Alarms</b>																			
<b>Replace Smoke Alarms</b>																			
<b>Purchase and Learn to use a Fire Extin- guisher</b>																			
<b>Replace Fire Extinguisher</b>																			

Family Address: \_\_\_\_\_

Designated Meeting Place: \_\_\_\_\_

Neighbor to Contact: \_\_\_\_\_

## **ADDITIONAL HELPFUL PDF'S**

These files are from the American Red Cross

[Fire Safety Fact Sheet](#)

[Fire Safety Evacuation Plan](#)

[Fire Safety Home Heating Fact Sheet](#)

[Fire Escape Planning Sheet](#)

[Fire Cooking Fact Sheet](#)

[Fire CO Fact Sheet](#)

[Fire Candle Fact Sheet](#)