

# Tips for talking about safety with toddlers



Lincoln-Lancaster County  
Health Department

The purpose of having safety drills is to practice a routine that we can use in the event of a variety of situations that may happen at child care. Knowing a routine helps everyone respond in a calm and safe way. For example, we practice fire drills so that everyone knows what to do in case of a fire even though a fire at child care is very unusual.

1. Talk with your child about the drill at child care today to help remove fear from situations. Let them tell you what they did that was different from their normal routine.
2. Provide reassurance. Little children can become easily overwhelmed and remind them that they are safe and protected as you help them talk about emergencies.
3. Consider using this opportunity to talk with them about safety at home as well. For example, a fire drill at child care might provide an opportunity for families to practice a fire drill at home and set off carbon monoxide or smoke detectors so kids can hear what is sounds like in a controlled environment.
4. Remember that a child often responds in a way that is similar to how the trusted adults in their life respond. A calm, matter-of-fact approach is likely to help your child feel at ease. Allow your child to ask questions or draw about their experience. Give simple, accurate information in a calm way.
5. Reassure them that child care is one of the safest places they can be.

If you have concerns about your child's response to the drill, we are here to help. Please contact the center director or child's teacher.

# Tips for talking about safety with preschoolers

The purpose of having safety drills is to practice a routine that we can use in the event of a variety of unusual situations that may happen at child care. Knowing a routine helps everyone respond in a calm and safe way. For example, we practice fire drills so that everyone knows what to do in case of a fire even though a fire at child care is very unusual.

1. Talk with your child about the drill at child care today. Let them tell you what they did that was different from their normal routine.
2. Remind them that it is important to stay quiet and follow instructions from their teachers or other school staff during a drill so that everyone knows what to do to stay safe.
3. Consider using this opportunity to talk with them about safety at home as well. For example, a fire drill at child care might provide an opportunity for families to practice a fire drill at home.
4. Remember that a child often responds in a way that is similar to how the trusted adults in their life respond. A calm, matter-of-fact approach is likely to help your child feel at ease. Allow your child to ask questions if something that was confusing or if they wonder about what to do or how to respond. Give simple, accurate information in a calm way.
5. Reassure them that child care is one of the safest places they can be.
6. Consider using this opportunity to talk with them about safety procedures at home or in other places in the community. Remind students that safety procedures are a normal part of life and exist in many places - sporting events, concerts, airports.
7. Let your child know that if they see something that worries them say something to a trusted adult.

If you have concerns about your child's response to the drill, we are here to help. Please contact the center director or your child's teacher.

