

Home Safety Check-In

A regular home safety check-in this helps ensure everyone is prepared for emergencies while fostering good habits. Below are some suggestions to include in your own family safety routine. Customize it to fit your household's needs.



Family Safety Huddle

- **Review emergency contacts.** Make sure kids know important numbers (police, fire, poison control, emergency contacts) and have them stored in their phones and posted visibly (like on the fridge).
- **Practice exit drills.** Pick a different room each week and discuss escape routes. Reinforce the importance of knowing exits in any building.

Home Safety Walkthrough

- **Test smoke & CO detectors.** Check batteries and replace them if needed. Pro tip: Write the last replacement date on a piece of masking tape stuck to the detector.
- **Inspect first aid kits.** Ensure supplies are stocked and accessible.
- **Check door/window alarms and locks.** If you have young kids, verify childproofing measures.
- **Make it fun!** Turn it into a scavenger hunt: "Bring me a bandage from the kit" or "Find when the smoke detector batteries were last changed."



Digital Safety Sweep

- **Review parental controls & screen time settings.** Remove suspicious apps or downloads.
- Back up important files. Save family photos and documents to a secure cloud or external drive.
- **Audit social media & app settings.** Check location-sharing permissions and post visibility.
- **Strengthen passwords.** Use a password manager to update weak passwords.

Car and Backpack Checks

- **Vehicle inspection.** Check tire pressure, fuel levels, and emergency kit supplies (including jumper cables, flashlight, and blankets). Verify that car seats are properly installed.
- **Backpack essentials.** For younger kids, include an ID tag, band-aids, and an emergency contact card (check out this list of [six things every kid should have in their backpack](#)). For teens and adults, consider a small emergency pouch containing a flashlight, power bank, charging cables, a copy of your ID, cash, and snacks.

“What if” Scenarios

Discussing emergencies beforehand can reduce panic and improve response time. Practice:

- “What if the power goes out?”
- “What if someone gets hurt?”
- “What do you do if you see a gun or a stranger approaches you?”

Bonus Safety Tips:

- **Rotate responsibilities.** Assign different tasks to family members each week to keep everyone engaged and involved.
- **Keep it positive.** Frame safety as empowerment, not fear.
- **Stay consistent.** Even 15-20 minutes weekly can make a big difference in preparedness.