



The Art of Parenting While Sick helps parents with chronic health conditions feel seen and supported and find solidarity in a global community. To learn more, visit [parentingwhilesick.com](https://parentingwhilesick.com)

## Teach your child to dial emergency services

If you are prone to a medical emergency, for example, a seizure, asthma attack, adrenal crisis, thyroid crisis, anaphylaxis, hypo- or hyper- glycemia, choking, or cardiac issues, it's a good idea to teach your child how to call emergency services.

You can teach young children a simple script like, *“My name is \_\_\_\_\_. I’m at \_\_\_\_\_ (address). My parent is having a medical emergency and needs help.”*

Children who are school age and older can practice answering the questions below. You might want to type up the responses and put them on the refrigerator so they can read them directly to the dispatcher in the event of an emergency. When you practice, remind them not to hang up unless the dispatcher tells them to.

### Common questions

1. What address are you calling from?
2. What is the phone number you’re calling from?
3. What is your name? Can you spell it?
4. Tell me exactly what happened.
5. What is your relationship to the person who is having the emergency?
6. How old are they?
7. Are they conscious?
8. Are they breathing?
9. Can you describe your house?

Teaching your child to describe your house will help emergency technicians find you as quickly as possible. They can describe things like the color of the house, roof, door, and any cars outside.

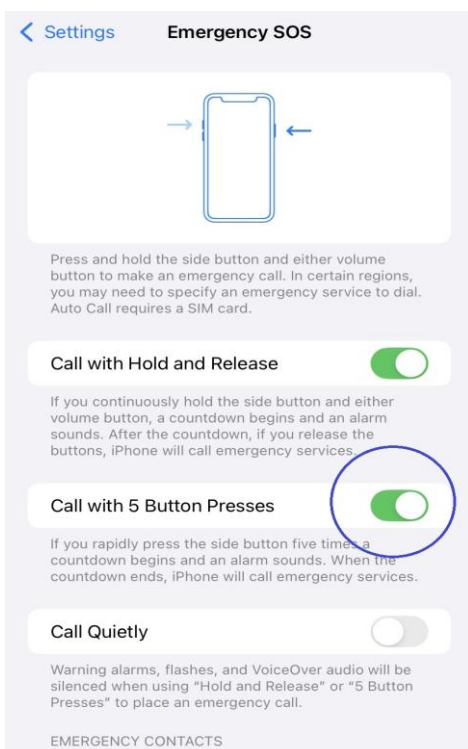
*“Our house is yellow with a white door and a red roof. There’s a black car parked in the driveway.”*



## A few tips

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- **Practice making an emergency call with a fake or unplugged phone.** If you accidentally call emergency services, it is usually mandatory for them to send an officer to investigate even if you say you called by accident.
- **Reassure your child it's ok to answer all the officer's questions** because they are going to come help. Otherwise, your child might be nervous to do so because they may have learned to never give a stranger personal information like a home address or phone number.
- **Ensure your child understands we only call emergency services in a crisis,** so they don't try to show off their new skills the next time you get a splinter.
- Make sure they know **emergency services are only for people**, not animals.
- Remind older children and teenagers **it's illegal to ever call emergency services as a prank.**
- Tell your child that after calling emergency services, they **should always go get the closest family member, older sibling, neighbor, or other adult.**
- **Turn on Emergency SOS settings on your phone** so they can call emergency services even if it's locked. Show them how to use it.



If you have a smartphone, look for Emergency SOS in the settings and turn on the option to call emergency services after pressing the side button 5 times

*Preparing your child to call emergency services can play a big part in everyone staying calm and supportive in the event of a medical emergency.*