



SAKEENAH
CANADA

A PARENT'S GUIDE: FIRE SAFETY AT HOME





October is a time when fire prevention and safety are highlighted across Canada. Use this month as an opportunity to check your family's fire escape plan and help your child learn what to do in an emergency.

Fire safety is something children learn through practice, not just conversation. Take a few minutes this month to work through these five simple steps together.

1. MAKE A FIRE ESCAPE PLAN

Help your child learn how to safely leave your home if there is a fire.

For each room in the house, identify:

- ☐ The main way out
- ☐ A second safe way out, if available
- ☐ Whether doors or windows can be opened if needed
- ☐ Where your family will meet outside

If you live in an apartment: Make sure your child knows the safest route out of the unit and where the building's stairs/exits are. Use stairs, not elevators, during a fire. If the hallway or exit is blocked by smoke or fire, stay inside the apartment, close the door, and call 911.

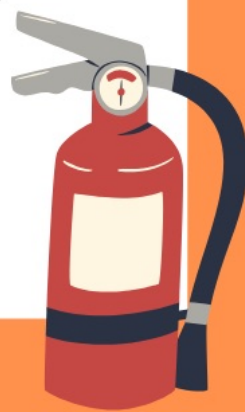
Family Activity: "Escape Route Hunt"

Walk through your home together and have your child show you their escape routes instead of simply telling them.

Choose a Family Meeting Spot

Pick one safe location outside your home or building where everyone will meet. Having one meeting spot helps your family quickly check who is safely outside. This could be: a tree, a neighbour's house, a mailbox, or another safe location away from the building

Our family meeting spot: _____





2. KNOW THE SMOKE ALARM SOUND

Make sure your child knows what the smoke alarm sounds like and what to do when they hear it.

Teach them: *Hear the alarm → Leave immediately → Stay outside*

Children should never ignore the alarm or hide.

Try it: *Test your smoke alarms with your child and ask, “What would you do if you heard this sound at night?”*

Parent reminder: Test smoke alarms regularly and follow the manufacturer’s instructions for installation, batteries and replacement.

3. TEACH YOUR CHILD WHAT TO DO DURING A FIRE

MAKE SURE YOUR CHILD KNOWS:

- Get out quickly.
- Stay outside and never go back inside.
- Don’t stop for toys or belongings.
- If there is smoke, stay low and move toward a safe exit.
- Call 911 once you are safely outside.
- Never hide from firefighters.

IF CLOTHING CATCHES FIRE:

STOP — Don’t run.

DROP — Get down on the ground.

ROLL — Roll back and forth to help put out the flames.

Practice it: *Have your child demonstrate the three steps: STOP → DROP → ROLL.*





4. DO A FIRE SAFETY HUNT

Walk around your home with your child and look for things that could cause or spread a fire.

Look for:

- ☐ Things that can burn too close to the stove
- ☐ Candles near things that can burn
- ☐ Damaged electrical cords
- ☐ Too many plugs in one outlet
- ☐ Space heaters too close to furniture or other things that can burn
- ☐ Matches or lighters within a child's reach

Challenge: *Can your child find 3 things your family can make safer today?*

5. MAKE SURE YOUR CHILD KNOWS 911

Teach your child that 911 is for emergencies and help them learn the information they may need to provide:

- ☐ Their home address
- ☐ Their name
- ☐ What is happening

Practice: *Ask your child, "What's our address?" Then pretend to make an emergency call and practice answering questions calmly.*





YOUR FAMILY FIRE SAFETY CHECK

Can your child:

- ☐ Show you two ways out?
- ☐ Tell you what to do when the smoke alarm sounds?
- ☐ Show you the family meeting spot?
- ☐ Tell you when to call 911?
- ☐ Show you how to STOP, DROP and ROLL?

ONE LAST STEP: PRACTICE!

A fire drill doesn't have to be complicated. Take some time to practice your escape plan so everyone knows what to do before an emergency happens.

A few minutes of practice today can help your family feel more prepared tomorrow. Stay safe!

