Start Safe: A Fire and Burn Safety Program for Preschoolers and their Families



A safe home is in your hands.

hosted by the Children's Safety Network 2:30 pm – 3:30 pm EDT

On your telephone please dial 1-800-361-5659, then type in pass code and 220737#

Please be sure to mute the volume on your computer.



Children's Safety Network



Introduction

About the Start Safe Program

- Our new Start Safe program is designed to give preschool teachers <u>and</u> fire and life safety educators the tools they need to reach preschool children <u>and</u> their families.
 - Early childhood educators can use the Start Safe program to present classroom lessons that help young children recognize and stay away from fire and burn hazards.
 - Fire and life safety educators can also use the Start
 Safe program materials to help parents and caregivers
 make their homes safer.





About the Start Safe Program

 Delivering lessons to both preschool teachers and fire and life safety educators makes
 Start Safe an effective way to reduce fire injuries and deaths to this high risk population.





Thanks to our Sponsors

 Major funding for the Start Safe program is provided by an AFG Fire Prevention and Safety Grant through the FEMA/Grants Program Directorate and support from Tyco International and First Alert.





Thanks to our Partners

 Special thanks to Weekly Reader Custom Publishing, National Head Start Association, Fire Protection Publications at Oklahoma State University and ProLiteracy for their support of the Start Safe program.



Why is Start Safe Important?

Start Safe Fills a National Safety Education Gap:

- Preschool-aged children have a higher risk of being seriously injured by home fires and burns, especially in lowincome families.
- Home Safety Council research shows that the age groups at most risk of dying in a fire are adults age 70 and older, followed by children younger than 5 years old.





Why is Start Safe Important?

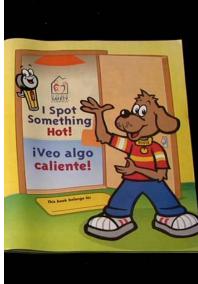
- Start Safe Fills a National Safety Education Gap:
 - The Home Safety Council's 2007 survey of U.S. fire departments found that 80 percent of fire safety education is done exclusively through elementary schools.
 - Very few programs are designed specifically to reach preschoolers with age-appropriate lessons.
 - Start Safe will help fire departments bridge that gap and reach more preschoolers and their families with life-saving fire and burn prevention messages.





Start Safe Program Lessons

- Start Safe teaches fire and burn safety basics:
 - Classroom materials for children focus on one simple concept ... "I Spot Something Hot."
 - Start Safe also includes teaching tools to educate parents and caregivers on the simple steps they can take to make their homes safer.





Start Safe Philosophy: Reaching Preschoolers

- Preschoolers require a different approach and Start Safe takes this to heart:
 - 4-, 5- and 6-year-olds are too young to understand what's needed to get out of a burning home and safely to their meeting place.
 - The Start Safe program focuses on one simple concept – "*I Spot Something Hot.*"
 - Repeating "I Spot Something Hot" teaches them to identify and stay away from things in the home that are hot.





Start Safe Philosophy: Reaching Preschoolers

 Children are taught to *identify hot things* and *get a grown up to help them* fix dangerous things by saying: "Code Red Rover, Grownup Come Over!"

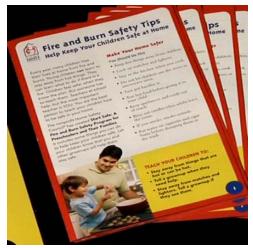


- The Start Safe program lets preschoolers listen to the sound of a smoke alarm.
- Preschoolers are encouraged to participate in *fire* drills at home and school to practice their fire escape plan with the grownups in their lives.



Start Safe Philosophy: Educating Caregivers

- Caregiver education is a very important component of the Start Safe program:
 - Parents and caregivers are the only ones who can really take action to make the home a safer place.

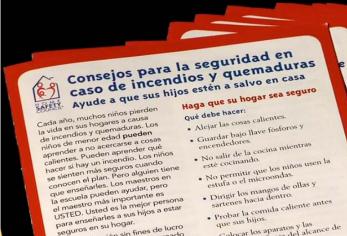


 The Start Safe program includes teaching tools you can use specifically to reach parents and caregivers with the important information they need to make changes at home.



Start Safe Philosophy: Educating Caregivers

We include a **DVD that** shows you how to work with adults to help them keep the children they love safe from fires and burns at home.



- La organización sin fines de lucro Home Safety Council® ha creado Comienzo Seguro: un programa los niños. idad sobre incendios y scolares y
- Colocar los aparatos y las extensiones fuera del alcance de
 - c: fuma, fume afuera. rillos
- All Start Safe program materials are available in English and Spanish and the adult portions are written in plain language making them easy to read for all.

Partnering for Success

- You're not alone we've designed Start Safe to make it easy for you to succeed.
 - Preschool teachers and administrators are willing and able local partners – reach out to them for support!
 - Head Start is our national partner, but your partners are not limited to Head Start schools.
 - Reach out to any of the regulated family daycares in your community.







Start Safe Components

Start Safe Program Contents

- Program materials are:
 - Written in English and Spanish
 - Highly visual
 - Created to meet the learning needs of children ages 4-6





Start Safe Program Contents

- Classroom tools include:
 - "I Spot Something Hot" Big Book



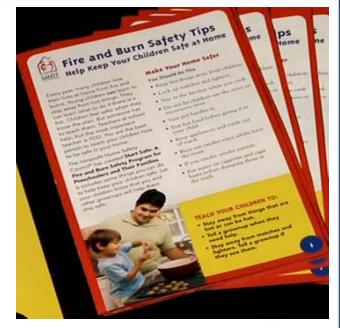
 Animated DVD featuring HSC mascots *Rover, the Home Safety Hound,* and *Freddie Flashlight*, plus two new puppy mascots – *Wiggle and Giggle*



Start Safe Program Components

Parent Brochure

 Brochure you can use to reach parents and caregivers with the important information they need to make changes at home.





Start Safe Program Contents

- Two Separate Expert Guides
 - One specifically for fire and life safety educators
 - One for preschool teachers and administrators



 Includes five separate segments, including <u>four</u> you can use to increase your Start Safe proficiency:



- Segment One: Getting Started in Your Community
 - Introduces the program
 - Explains the importance of local partnerships
 - Demonstrates the Start Safe pilot program in Champaign, Illinois



Segment Two: What's in the Start Safe Program

 Walks you through the print materials





- Segment Three: Age-Appropriate Learning
 - Explains the need for developmentally appropriate materials and specific tips for effective teaching





- Segment Four: Evaluating the Start Safe Program
 - Stresses the importance of evaluation for fire and life safety educators
 - Takes the mystery out of the evaluation practice



- Includes one segment you can use in your community presentations:
 - Start Safe for Parents and Caregivers"



- A new video you can use in your presentations to parents and caregivers of preschoolers.
- It's the perfect tool to help you bring the Start Safe program to life at your Start Safe Parents' Meeting.



Start Safe Presentation

- The PowerPoint presentation is a turn-key teaching tool you can use in your community presentations.
- The notes section includes a script you can follow with built-in research-based educational messaging.
- The presentation is *customizable*
 - It's easy to add your own local statistics, department agency logos and information.

Start Safe

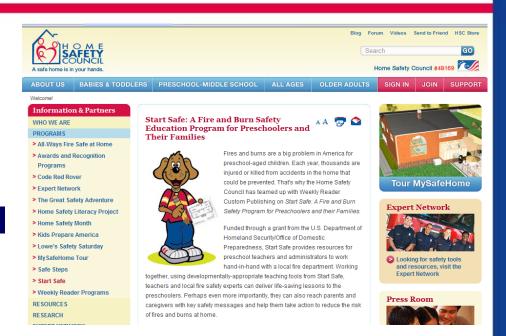
Protecting Preschoolers and Their Families from Fire and Burn Injuries at Home





Download All Start Safe Material

 All of the Start Safe program materials are available for download from the Home Safety Council Web site.



 Visit <u>www.homesafetycouncil.org/</u> <u>startsafeprogram</u> to download program components.





Best Practices in Start Safe Delivery

Developmentally Appropriate Fire and Burn Safety Education

 Uses the science of developmentally appropriate early childhood education practice to increase our educational effectiveness





Maximize Children's Learning

 We have a small window of opportunity with very short attention spans!

 The "teachable moment" is very brief....

Make the most of it!





Start with the Basics of Child Development

- How children grow
- How children develop
- How children learn





Measure Growth and Development

- A child's growth and development can be measured by:
 - Social development milestones
 - Sharing
 Taking turns
 Waiting in line





Measure Growth and Development

- Physical development milestones
 - Large motor skills

 Walking and running
 - Small motor skills
 - Using a spoon
 - **o** Coloring with a marker





Measure Growth and Development

- Cognitive developmental milestones
 - Building vocabulary
 Problem solving





Recent Studies

- Recent studies at Oklahoma State University compared:
 - Knowledge and abilities needed to accomplish fire safety skills with child development milestones
 - Looking at the two together, we were able to:
 - Assess age appropriateness
 - Match key fire safety messages to teaching methods





Recent Studies

- Oklahoma State University Study Outcomes:
 - Update common fire safety messages
 - Using vocabulary that is more understandable for young children





What we learned about...

- Fire safety messages for children
 - Some need to be modified to make BETTER messages
 - More understandable for children



A Better Message

"Practice a home escape plan" Children do **not** understand the word **PLAN**, but they do.....





.....know the word MAP



A Better Message

"Practice a home escape plan" Children do not know the word HOME ESCAPE, but they do.....





A Better Message

"Practice a FAMILY FIRE DRILL using your escape MAP"



Modify Messages

"Tell a grown up if you find matches or a lighter..."

And add:

..NEVER TOUCH



Have a home escape MAP

Practice your FAMILY FIRE DRILL



Tell a grown-up if you find matches or a lighter & NEVER TOUCH



- Start Safe program focuses on one simple concept
- "I Spot Something Hot" teaches children to identify and stay away from things in the home that are hot
- More age-appropriate than Stop,
 Drop & Roll and Crawl Low Under Smoke





- Example: Stop, Drop and Roll
- Good for elementary age students
- But, beyond the mastery of most preschool students





 While children at AGE 5 can follow directions with three parts and in the proper sequence, younger children cannot



- That's why "Stop, Drop and Roll" is not a priority in the Start Safe program
 - It is well beyond the capabilities of most 4-year-olds



- Yes, children can repeat the slogan, "Stop, Drop and Roll"
 - But they do not understand how and when to Stop, Drop and Roll
 - Frequently demonstrate their lack of understanding by mixing up "Get Low and Go" under smoke with "Stop, Drop and Roll"





Better Messages

- If you and the teacher decide to teach Stop,
 Drop and Roll for the 5-and 6-year olds:
 - 1. Repeat the lesson a number of times once is never enough for this message
 - 2. Ensure there is enough space for <u>all</u> the children to practice at one time...no making them wait their turn!
 - 3. YOU must demonstrate it for the children just talking about it is not educational you must show how





Examples in Start Safe

Reflects the latest early childhood education practices:

- Vocabulary within understanding of young children
- NOT teaching fire and burn safety messages that are beyond their capabilities



- Start Safe customizes home fire and burn safety to the level of the preschooler!
 - Replaces traditional complex messages with simple messages that are more comprehensible for young children



Examples in Start Safe

- Family escape planning is complicated and we simplified it!
 - Go Outside and Stay Outside!
 - Simple and better because a young child can understand and remember it.
 - Go outside. Stay outside.
 - o Now they know what to do!





Messages for Parents

- What about home fire and burn safety for caregivers?
 - Make sure your home is protected with plenty of working smoke alarms
 - And parents, plan how you will help your children escape safely in a fire:
 - Plan for this
 - Practice family fire drills





Start Safe Program

- The Start Safe program:
 - Prioritizes key messages with the GREATEST potential to save lives
 - Includes simple developmentally appropriate messaging for children
 - Includes messages specific to the role of parents and caregivers in keeping children safe at home from fires and burns





- Stick to the script
- Keep it short watch for fidgeting it is a sure sign you've lost their attention
- Use simple words say "firefighter" instead of "Captain" and fire truck or fire engine instead of "apparatus"



- Use positive words
- Use positive messages and only model the RIGHT actions – children are copy cats
 - Children do NOT know the difference between real and pretend
 - By showing what not to do, we risk that children will remember the dangerous behavior



- Repeat, repeat, repeat and repeat, repeat, repeat
 - Young children love repetition
 - Start Safe includes many ways to teach "I Spot Something Hot"
- Repetition helps children gain confidence as well as learn new information
 - Visit the classroom more than once and repeat the same lesson
 - Children will have more fun the second time



- Work with small groups
- Don't frighten children
 - A scared child can't listen
 - Fear shuts down the brain's response ability
 - Fire is a serious topic, but remember:
 - Young children are easily overwhelmed by the blunt facts about the effects of fire
 - Don't bring images of burned toys or clothing or discuss frightening things such as a lost pet
 - It won't help the children to tell them that fires are scary, or that they hurt people and homes
 - It can be harmful to ask frightening questions, like "Do you know what would happen if a fire broke out at night?"



Prevent anxiety

- Young children are taught to be careful of strangers
 - When you enter the classroom, remember that you are a stranger and one who is much bigger than the children
 - Go into the classroom dressed in a casual station uniform
 - Wait for the teacher to introduce you and move slowly into your presentation
- Never enter the classroom in your gear
- Follow the Rules: Wash your hands



- Why am I showing the children my gear?
 - You want children to be familiar with a firefighter's protective equipment so they won't be scared of you in an emergency
 - Explain each piece of clothing and equipment
 - Key Concept: You want the children to know you are the same friendly firefighter when you're wearing your special firefighting clothes as you are when you're wearing your regular clothes
 - You look and sound different, but you are the same friendly firefighter



 A classroom poster showing a firefighter in station gear and in full protective equipment including self-contained breathing apparatus is included in the Start Safe materials



- Use <u>clean gear</u>
 - A set that is reserved for demonstrations only is best



- Your SCBA is the item that makes you look the most different
 - Put it on
 - Connect the regulator
 - Breathe with the mask
 - Talk with the mask
 - Stay still on your hands and knees when you are fully dressed and wearing the breathing apparatus
 - Let the children approach you



- Let the children touch the gloves, helmets and turnout fabrics
 - Do NOT approach or crawl toward the children
 - Some children may just want to wave to you and not get too close



- Now, just a few more tips:
 - Be positive and sincere
 - Smile and relax and be yourself
- Be a good role model
 - Children watch and learn through what adults do
 - They are mimics and they will mimic what you do not just what they see you do in the classroom, but what they see you do in your community
 - Wear your helmet when riding a bike
 - Use your seat belt
 - Use the crosswalk at school



- The teacher is an important partner and can:
 - Introduce you to the students
 - Remain in the classroom with you and the children
 - Help direct the children's questions
 - Help decide about demonstrating protective equipment
 - Inform you about children who might have had a fire or burn experience





- Now you are ready to begin:
 - Start with basic lessons:
 - Recognize things that are hot
 - Stay away from things that are hot
 - Call a grown up over
 - Visit the classroom several times
 - Repeat the lessons often
 - Use the Big Book
 - Use the DVD with Rover, Freddie and the puppies – Giggle and Wiggle





Parents and caregivers are KEY:



Have a special meeting just for adults



Parents and caregivers are KEY:

Start Safe

Protecting Preschoolers and Their Families from Fire and Burn Injuries at Home



Use the PowerPoint or DVD to teach adults



- Parents and caregivers are KEY:
 - Ensure all adults receive the tools distributed for them
 - Try to involve firefighters from the community you're working with



- Share the Start Safe program with your department educators:
 - Consistent messages
 - Repeated over and over is the best policy
 - Use the Start Safe messages
 - Classrooms
 - Station tours
 - In media opportunities
 - All other types of outreach



- All firefighters can use Start Safe
 - Simplified messages
 - Better for young children
 - Might be better for older children and adults to understand as well!



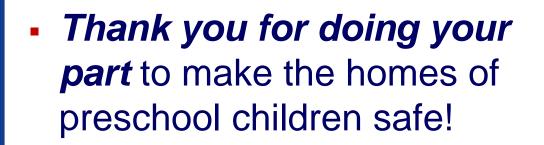
Start Safe Keys to Success

- Finally, please BE ALERT for any sign of children playing with or using fire tools
 - Fire setting behavior is very dangerous
 - Requires professional intervention



Start Safe Summary

 Following these tips and using the Start Safe materials, teachers and firefighters make a great team to keep children and their families safe from home fires and burns!









Highlights from the Field

Designed to Measure:

- Adequacy and appropriateness of team training
- Adequacy and appropriateness of implementation methods
- Satisfaction with the program materials
- Changes in knowledge and the home safety environment





Methods:

- Surveys teachers, parent advocates, fire service educators
- Interviews follow up questions with each team
- Parent knowledge test
- Home behavior change survey





- Pilot Test Procedures:
 - <u>Team =</u>
 - Head Start teacher,
 - Fire service educator, and
 - Head Start parent advocate





Pilot Test Procedures:

- Plan Together:
 - Four classroom presentations
 - One by the fire service educator
 - One parent presentation
 - One additional event for families
 - Teach key messages using Start Safe materials
 - Complete surveys and interviews





Pilot Site Communities

Implementation: April – July 2009

- Sacramento, CA
- Washington, DC
- Tampa, FL
- Atlanta, GA
- Hagerstown, MD
- St. Paul, MN
- North Las Vegas, NV
- Thomasville, NC
- Cincinnati, OH
- Philadelphia, PA
- Vancouver, WA





Pilot Site Communities

- Implementation September November 2009
 - Champaign, Illinois
 - Nowata, Oklahoma Cherokee Nation





Trenton, New Jersey

Start Safe Lessons Learned

- The partnership between Head Start teachers, parent advocates and fire service educators worked well.
- Most partnerships will continue to deliver the program.
- Start Safe materials were well received by children, teachers, parents and the fire service.
- Children were engaged by the activities.
- Ready resources for presentation made it easy to deliver the project.





 Teams found their own ways to make Start Safe special in their communities:



 "Fire and Ice (cream)" culminating activity – St. Paul, Minnesota





 Special handmade invitation to parents – Vancouver, Washington





 Reinforcement of previous lessons learned – Thomasville, North Carolina





 Fire safety classroom center – Philadelphia, PA



- Challenge: Involving parents and caregivers throughout the project.
 - Promising Practices:
 - Teamwork
 - Advance notice
 - Consideration of schedules
 - Options for face-to-face time
 - Incentives





Start Safe Stories

 Start Safe stories will soon be posted online and available for review from:
 www.homesafetycouncil.org/ startsafeprogram





Evaluation

- We installed 31 smoke alarms in homes that had none.
- We installed additional smoke alarms in homes that needed them and replaced 66 old batteries with new ones.
- Prior to Start Safe, only 21 families had mapped out their escape plan, but after the program, 85 families had!
- 90 families practiced their family fire drill.





Start Safe Distribution

- Start Safe was distributed to 6,750 Head Start centers nationwide
- Estimated Reach:
 - 31,467 teachers
 - 432,149 students
 - 432,149 parents

Nearly 900,000 total reach





- All of the educators rated the overall educational value of *Start Safe* as "Excellent" (73.85%) or "Above Average" (26.15%)
- None of the educators rated the program "Average," "Below Average" or "Poor"



On average, the program received 4.74 points on the 5-point rating scale
 (5 = Excellent, 1 = Poor)



Program Component Utilization:

- 72.8% of the teachers reported that they watched the *I Spot Something Hot* DVD with their students
- 88.52% of the educators read the Big Book with their students
- 86.99% of the survey respondents said they photocopied and distributed the activity sheets to their students
- 99.21% of the teachers reported that they distributed the booklets to parents and caregivers





Program Effectiveness:

- The Start Safe program had a significant impact on students' knowledge of things in the home that might be hot. All of the survey respondents observed an increase in their students' awareness of what might be hot:
 - <u>91.47%</u> of the teachers said their students were <u>definitely more aware</u> of things in the home that are or can be hot
 - 8.53% of the teachers said their students were somewhat more aware of things in the home that are or can be hot





Educator Comments on Start Safe

- "This is a very well designed teaching tool that benefits our children and families. Our parents' comments were so positive and each commented they had learned from it as well. Anytime we can use a program like this, we all win." – Preschool teacher, Rienzi, MS
- "The children were engaged and repeating the phrases. They especially enjoyed the end when items popped out and they got to shout out whether or not items were hot. I would definitely use this program again." – Preschool teacher, Waterville, ME
- *"I had a lot of children who went home and found out where they had smoke detectors and if they worked!" –* Preschool teacher, Sheboygan, WI







Conclusion

Start Safe Program Highlights

- Underscores the need for early childhood fire and burn safety education
- Reinforces the importance of involving parents and caregivers to help keep children safe from fire and burn injuries
- Just in time for Fire Safety Month in October, all Webinar participants and Expert Network members will receive a FREE copy of *the Start Safe* program!



Thank You!

Questions?

www.homesafetycouncil.org/startsafeprogram

