



Dear Family,

Today, in your child's class, they learned about firefighters. The children learned how firefighters are community helpers. They also learned about the special gear firefighters wear to stay safe. It is not uncommon for children to be scared by the look and sounds of the gear. They were able to watch a video of a firefighter putting on gear one piece at a time to help keep all the children calm and engaged. Our activities help children become familiar with the gear. This can lessen the fear a child may have if interacting with a firefighter during a rescue.

Please talk with your child about the important jobs firefighters do in the community. If your child is fearful of firefighters, comfort them by reviewing how the gear helps the firefighter stay safe. Remind your child that there is a helpful person underneath.

Another big topic covered today was the importance of never hiding from their firefighter friends. We know that when a fire occurs (or really any dangerous, scary event), children have the natural instincts of fight, flight, or freeze. We know they cannot fight the fire; unfortunately, without prior knowledge of how to flee, the only other option is to freeze. Young children are most likely to hide during an emergency to protect themselves from the danger around them. This is why we teach them to "*don't hide; go outside!*" It's never too early to begin talking with your children about escape planning and having a safe meeting spot. One way to really help their brains understand the importance of getting outside is to let them know that's where you will be, and then practice getting to your safe meeting spot together as a family.

We appreciate the opportunity to share valuable fire and life safety with your child. If you have any questions or concerns, please feel free to reach out to us. Together, we can keep your family safe from fire.

Sincerely,

**The Community Risk Reduction Division
Central Pierce Fire & Rescue**