



The 5-Minute Family Safety Audit

How ready is your family for an emergency? Take this quick, fun quiz to see how prepared your home really is — and get a personalized safety score.

SECTION 1: Emergency Readiness

Q1. If an emergency happened right now (choking, fire, or allergic reaction), how confident would you feel responding?

- ☐ Not confident at all (0)
- ☐ Somewhat confident (1)
- ☐ Very confident (2)

Q2. Do you have a list of emergency contacts (doctor, poison control, neighbors) easily accessible at home or on your phone?

- ☐ No, I keep meaning to make one (0)
- ☐ Yes, but I'm not sure it's up to date (1)
- ☐ Yes, it's current and easy to find (2)

Q3. Have you (or your partner) been trained in Infant or Pediatric CPR & First Aid within the last 2 years?

- ☐ Never been trained (0)
- ☐ Trained, but it's been a while (1)
- ☐ Recently trained and confident (2)

SECTION 2: Home Safety Setup

Q4. How safe is your child's sleep environment? (Crib, bedding, monitor, etc.)

- ☐ I'm not sure what's considered "safe sleep" (0)
- ☐ We follow some safety guidelines (1)
- ☐ We follow all AAP Safe Sleep recommendations (2)

Q5. Have you baby-proofed your home (outlets, cords, furniture anchors, cabinet locks, stair gates)?

- ☐ Not yet (0)
- ☐ Partially done (1)
- ☐ Yes, fully baby-proofed (2)

Q6. Do you have working smoke detectors and carbon monoxide alarms on every floor — and test them regularly?

- ☐ No alarms or unsure if they work (0)
- ☐ We have some, but rarely test them (1)
- ☐ Yes, tested and working (2)

SECTION 3: Health & Emergency Gear

Q7. How complete is your family's First Aid Kit?

- ☐ Don't have one (0)
- ☐ We have a small/basic one (1)
- ☐ Fully stocked and updated (2)



Q8. Do you know where the nearest hospital or urgent care is — and how to get there fast?

- ☐ Not really (0)
- ☐ I have a general idea (1)
- ☐ Yes, directions saved in phone (2)

Q9. Do you have any life-saving tools at home (e.g., AED, EpiPen, Narcan, fire extinguisher)?

- ☐ None (0)
- ☐ Some, but not everyone knows where they are (1)
- ☐ Yes, and the whole family knows how to use them (2)

👤 SECTION 4: Family Communication

Q10. Have you practiced an emergency plan with your family (e.g., fire escape route, who calls 911)?

- ☐ Never (0)
- ☐ Once or twice (1)
- ☐ Yes, we review regularly (2)

📊 RESULTS

Score Range	Safety Level	Result Message
0–10	🚒 Needs Improvement	You care deeply about your family — now it's time to take action! Start with the basics: create an emergency contact list and learn infant CPR. We'll send you a free starter guide to get you ready.
11–16	⚡ Almost There	You're doing great! A few small tweaks (like refreshing your CPR skills or updating safety gear) can make a big difference. You're closer to being fully "Always Ready."
17–20	🏆 Safety Superstar	Incredible work! Your home is one of the safest on the block. You're a model for other parents — keep your CPR certification current and help friends do the same!

So, how'd you do?! Regardless of whether you need improvement or you're a safety superstar, we always encourage parents to be prepared. **Use the QR code below to register for our Infant Safety Essential Workshop. Give yourself the peace of mind and confidence you deserve.**

