

# Ready, Set, Help



By Bonnie Rose Hudson

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# Ready, Set, Help

## Who Are Helpers?

There are helpers all around us. If you need help getting something you can't reach, you can ask a parent, an older brother or sister, or someone in your house who is taller than you are. These people are helpers. How are you a helper?

Do you pick up your own toys? If you do, you are a helper.

Do you help clear the table after you eat? If you do, you are a helper.

Do you get something for someone if they are busy and ask you to get it for them? If you do, you are a helper.

Do you dress yourself so your mom or dad has time to get other things done they need to do? If you do, you are a helper.

Do you help your parents fold clothes after the laundry is done? If you do, you are a helper.

Do you help your parents unload the dishwasher after the dishes are done? If you do, you are a helper.

Do you make your own bed after you get up in the morning? If you do, you are a helper.

There are all kinds of ways to be a helper. The next page has a chart for a parent to fill in one way you help each day of the week, or you can use the page that has room for a chart and stickers for one way you help each day of the week.

Day of the Week	How Did I Help Today?	I am a Helper
Monday		<b>Great</b>
Tuesday		<b>Good Job</b>
Wednesday		YEAH!! <b>YEAH!!</b>
Thursday		<b>Terrific</b>
Friday		<b>Fantastic</b>
Saturday		<b>Way To Go!</b>
Sunday		<b>Awesome</b>

Day of the Week	How Did I Help Today?	I am a Helper
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

## Ready, Set, Help

### How Can You Help In Your Community?

When your family is helping with a project, ask if there is anything you can do to help. For example, does your family help with food drives? Maybe you could help take some of the food into the building or, with a parent's help, collect food that is donated.

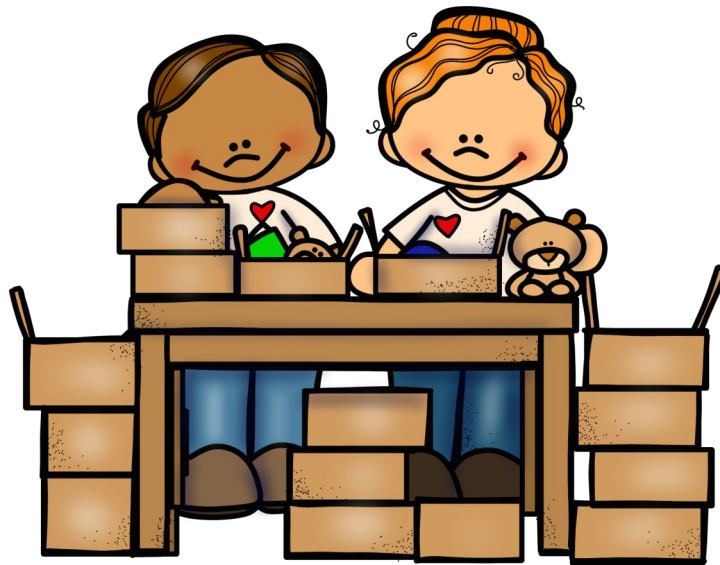


Sometimes there are ways to raise money to help others who need special help. One way is to be part of a community walk or run. If a parent says it is okay, you may want to walk or run, too.



## Ready, Set, Help

Another way you can help is to work with your family to help pack boxes for those in need. Sometimes, people get together to pack boxes for people who have lost their homes to a flood or because of other things that have happened either in the United States or in other parts of the world. Other times, people work to pack boxes with gifts to give people for Christmas. Some people can't afford to buy presents for their family, and these boxes let them know that people care about them.



Can you think of other ways to help people in your community or around the world?  
Ask a parent to help you make a list.

# Ready, Set, Help

## Special Helpers at the Airport

Now we know that everyone can be a helper, but there are some very special helpers we need to know about so we can ask them for help when we need it.

Have you ever gone to an airport? There are people there who help you do what you need to do to get on the right airplane that is going to the right place.



There is the person at the desk who helps you check in, makes sure you have your ticket, and lets you know where to wait for your airplane.



There is the person who makes sure your passport is ready to go if you are going out of the country.



## Ready, Set, Help



There is the security officer who makes sure every one at the airport is doing what they are supposed to and not causing trouble for anyone.



There is the flight attendant who helps you find your seat on the plane, makes sure your seat belt is buckled, and brings you something to drink while you are flying on the airplane.

## Ready, Set, Help



There are pilots to fly the airplane so that you can get to where you want to go safely.



There is even a person who goes outside to tell the airplanes where to go so they take off in the right order and don't end up all confused on the runways.

All of these people, and many more, are special helpers who are there so that you can have a safe and fun time when you fly somewhere on an airplane.

# Ready, Set, Help

Circle the person who helps you check in and makes sure you have your ticket.



Circle the person who flies the airplane.



Circle the person who makes sure you have your passport to go out of the country.



Circle the person who helps you find your seat on the airplane.



# Ready, Set, Help

Circle the person who makes sure no one at the airport is causing trouble.



Circle the person who helps the airplanes not to get all confused on the runways.



Circle the helper you would like to be if you could have one of these jobs at the airport.



# Ready, Set, Help

## Special Helpers When We Are Sick

Have you ever been sick? Sometimes we just don't feel right and don't know how to make everything feel better. If you have an earache, there are special medicines that you may have to get to help it. If you have the flu, there might be special medicines for that, too. When you are sick and your parents feel you need to see someone special to help, there are people who are trained to know what to do. These people sometimes check you even when you feel good to try to make sure you stay well.



When you go to the doctor's office, the nurse usually sees you first. The nurse takes your temperature, looks at your eyes and ears, and asks you questions so the doctor will know what is bothering you.

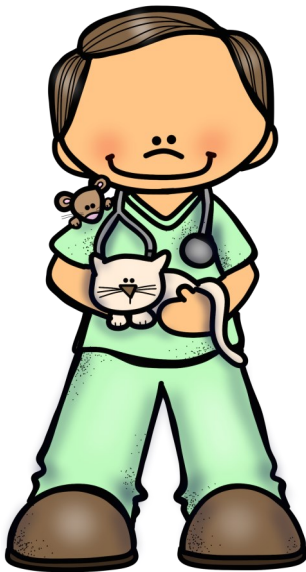


When the doctor comes in, the doctor looks at everything the nurse has written down and might ask you some more questions. Then the doctor checks you to make sure you will be getting the right care. Sometimes, the doctor will tell your parents to get special medicine to help, and sometimes the doctor will just say to make sure you get lots of rest and take care of yourself.

## Ready, Set, Help



At other times, you may need to see the dentist. The dentist can check your teeth to make sure they are all healthy. They can tell you what to do to try to keep your teeth strong. If there is something wrong with a tooth, the dentist can help fix it so it will not hurt.

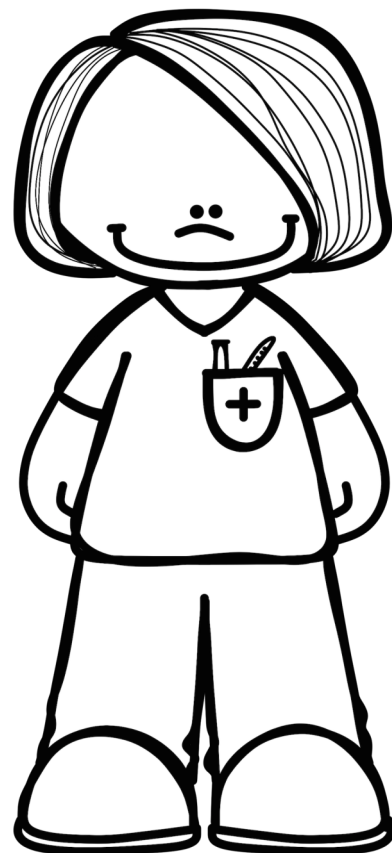
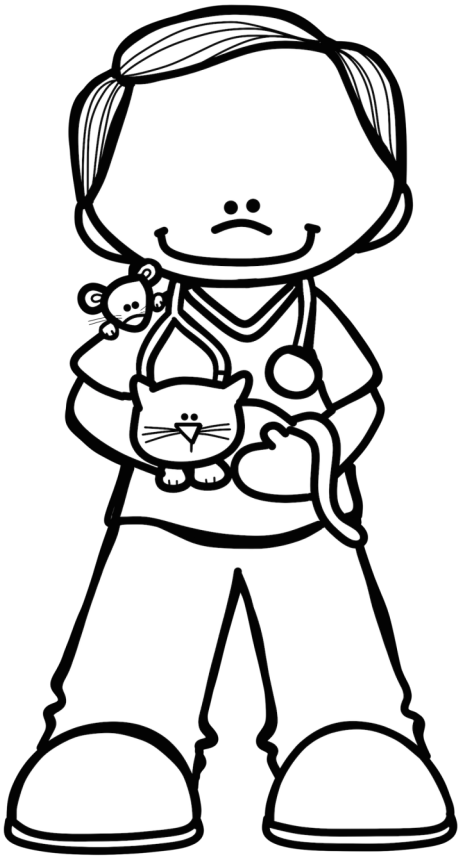


There are even people who are trained to help when your pets are sick. If you have a sick pet, or just want to take your pet to someone to make sure they are not sick, you can go to a veterinarian. They are trained to take care of many kinds of pets and try to help them stay well.

All of these people, and many more, are special helpers that help you, your family, and even your pets stay healthy.

# Ready, Set, Help

Color the picture of the helpers below.



# Ready, Set, Help

## Special Helpers When Our Country Needs Them

Do you know anyone who serves in the military? These people help protect the country. They even help in other ways when communities need extra help. They are always there to help protect us whenever our country needs them.



### Air Force



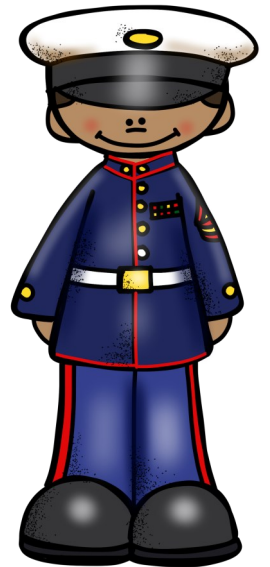
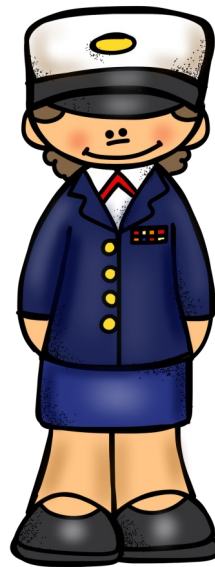
### Army



Ready, Set, Help



**Coast Guard**



**Marines**

## Ready, Set, Help



### **Navy**

The United States has a proud history of men and women who have worked hard to keep us safe. They are people we can count on when our communities need them. They deserve our respect and thanks.

# Ready, Set, Help

Draw a line to match the man and woman who both work for the same part of the military.



# Ready, Set, Help

## Special Helpers Around Our Community

Have you ever noticed the special helpers that are all around you where you live? There are many people who are there when you need special help. They are well-trained and work very hard to keep people safe and happy. Let's look at a few of the community helpers we see around us.



If you go swimming at a beach or a community swimming pool, you will see at least one lifeguard on duty. The lifeguard is there in case anyone has trouble in the water. The lifeguard will go to help or even rescue someone.



There are all kinds of problems police officers can help with. If you are lost, hurt, or in danger, you can ask a police officer to help.

## Ready, Set, Help



Have you ever seen firetrucks with their loud sirens and flashing lights? They are going to put out a fire or rescue someone who is hurt. Whatever the reason for their sirens, firefighters are ready to do their job to keep people safe.

## Ready, Set, Help

### How Can You Help In An Emergency?

What would you do if there was an emergency and you needed to be a special helper? If a parent wasn't close by to tell you what to do, would you know what to do? What if you are visiting someone and they take you to the store? While you are there, you hear the fire alarm and smell smoke. How do you get out safely?

Do you know you should always stay very low to the floor if there is a fire and smoke? Smoke goes up, and the fresh air you need to breathe stays near the floor. If there is ever a fire when you are someplace, get down on your hands and knees and crawl out of the building as fast as you can. Then, you can get help for anyone who needs it.

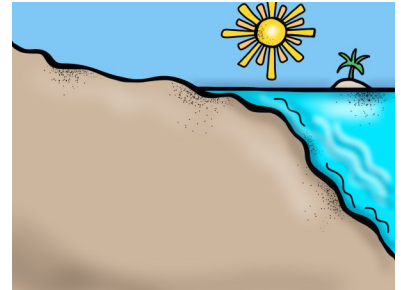


You can see the boy is staying under the smoke so he can breathe the fresh air until he gets out of the building. Then, he can get help for anyone else who may need it.

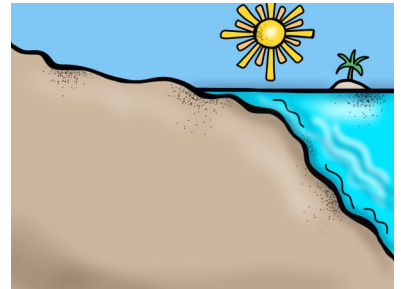
# Ready, Set, Help



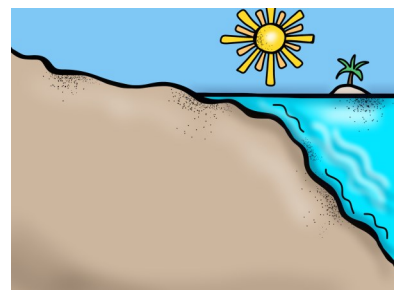
Make an X on the picture that goes with the .



Make an X on the picture that goes with the .



Make an X on the picture that goes with the .



## Ready, Set, Help

Do you know how to get help in an emergency? If your parent cannot get help and you need to get someone, what should you do?

1. Learn how to dial 9-1-1 on the phone.

9-1-1 is the number to call for help. There will be someone there who can tell you what to do and will send the police or a firefighter to help you.

2. When you call 9-1-1, there are things you need to know.

Tell the person your name, how old you are, and where you are. If you are at home, tell them your address. If you are someplace that is not home, tell them where you are. Be sure you know the person's name who lives at the house you where you are. You cannot say, "Tommy's mom," because the person will not know where to send help. There are lots of Tommys, and they all have a mom. You will need to tell them you are at "Mrs. Thomas Brown's house," or whatever the person's name is. Then, they can look up the address if you do not know what it is.

3. They will ask you questions. Be sure to answer them the best way you can so they can give you the help you need.

They will ask you what happened and why you need help. You need to know to tell them exactly what happened. Do not just say, "Tommy's mom fell down." You need to tell them that Tommy's mom was trying to fix something, bumped her head, and fell down. Now she is not waking up and you don't know what to do to help her. If there is anything you should do, the person on the phone will tell you what to do. If not, they may just tell you to wait until you hear the ambulance or the police at the door and then, after you make sure it is really them, let them in. They will know what to do to help.



## Ready, Set, Help

Be sure to talk with a parent about the steps to take to get help. You can start by using the picture of the phone below to practice dialing 9-1-1. Don't ever call 9-1-1 on a real phone unless it is really an emergency. If you are on the phone with them and it is not an emergency, someone who really needs help may not be able to get their call answered. Then, they will have to wait for help.



## Ready, Set, Help

Tell a parent your name, address, and phone number and ask them to fill it in on this page to show that you know it.

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Phone Number \_\_\_\_\_

What number do you call in an emergency?

\_\_\_\_\_ or \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_