

The Good Parents Emergency Plan

Preparing for the moments that matter most.

THE GOOD PARENTS COLLECTION

A note before you begin

In an immediate emergency, call 911. This workbook helps trusted adults locate information and contact the right people. It does not authorize custody, pickup or medical treatment. Confirm legal authority and school policies in advance. Do not record passwords, access codes or full financial account numbers here. Use a separate copy for each child's health information.

This resource is for personal organization and education. It is not legal advice, a will, a guardian appointment, a custody order, or an authorization to make decisions. Consult an attorney about applicable law and properly executed documents. Keep completed pages secure and share only with trusted people as appropriate.

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Family at a glance

Parent names, phone numbers and address

Children's names, ages and usual locations

Other legal parents and relevant custody arrangements

First calls

Emergency contact 1: name, phone, relationship

Emergency contact 2: name, phone, relationship

Nearby trusted caregiver: contact and availability

Long-term contacts

Preferred long-term guardian and contact details

Alternate guardian and contact details

Attorney and location of executed documents

School and childcare

School / childcare names, phone numbers and schedules

Authorized pickup arrangements (confirm with school)

Transportation and after-school activities

Health information

Child name, allergies and medical conditions

Medications, doses and prescribing clinician (verify current instructions)

Pediatrician, insurance contact and location of medical authorizations

Daily routines

Morning and bedtime routines

Meals, comfort items and dietary needs

Activities, communication and screen-time preferences

Individual support needs

Disability-related supports, communication and accommodations

Therapists, specialists and equipment contacts

Triggers, calming strategies and safety considerations

Home and pets

Trusted person with lawful access to home; contact details

Pet care, veterinarian and feeding instructions

Essential supplies and where to find them

Important documents

Location of wills, guardian appointments and caregiver authorizations

Location of insurance and trust information; responsible contact

Existing orders or restrictions; attorney contact

Emergency handoff

Who should contact the other legal parent and long-term caregivers?

Travel and handoff arrangements; confirm lawful authority

What should caregivers know during the first night?

Review and share

Who has received a copy and when?

What needs attorney or school confirmation?

Last reviewed date; next review date; changes needed