

My Daily Helper

Pink Bunny & Friends

Riding in an Ambulance



**A Social Story About
Traveling Safely With Emergency Helpers**

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The Paramedics Arrive



Paramedics arrive when someone needs urgent medical help.

Ask Together

What is the safe choice in this step?



An Adult Explains



A trusted adult tells me that the ambulance will help us travel safely.

Ask Together

What is the safe choice in this step?



I Meet the Helpers



A paramedic speaks calmly and explains what will happen.

Ask Together

What is the safe choice in this step?



They Check My Body



The helper may listen to a heartbeat or check breathing and comfort.

Ask Together

What is the safe choice in this step?



I Use the Stretcher



I sit or lie on the stretcher so the team can move me safely.

Ask Together

What is the safe choice in this step?



Safety Straps Help



The straps help keep my body secure while the vehicle moves.

Ask Together

What is the safe choice in this step?



My Trusted Person Supports Me



My trusted person stays close when the emergency team says it is possible.

Ask Together

What is the safe choice in this step?



The Ambulance Moves



I may hear sirens and feel turns or bumps during the ride.

Ask Together

What is the safe choice in this step?



I Use My Coping Tools



Headphones, breathing, communication tools, or a comfort item may help.

Ask Together

What is the safe choice in this step?





At the hospital, the ambulance team introduces us to the next care team.

Ask Together

What safe choice are you proud of?

