



Preparing Kids for Emergencies

What you should know about Preparing Kids for Emergencies

- Ensure children are included in preparedness conversations
- Learn the building blocks of preparedness – Be Informed, Make a Plan, Build a Kit and Get Involved.
- Know the emergency plan for your child's school and child care facility
- Practice evacuation plans and other emergency procedures with children on a regular basis
- Learn different ways to help children cope during and after an emergency
- Make sure children have emergency contacts memorized or written down in a secure place
- Teach kids when and how to call important phone numbers like 911

Emergency Planning Considerations for Kids

- Include your child's medication or supplies in your family's emergency kit.
- Include your child's favorite stuffed animals, board games, books or music in their emergency kit to comfort them in a disaster.
- Get the kids involved in building their own emergency kit. Store important family documents on your phone in a safe secure app. Keep hard copies in secure place.
- Emergencies can happen anytime.
- Ask your child's teacher about the plans the school has in place for emergencies.

- Email, voice, or text. What will your child's school use to communicate during an emergency?
- Know your school's evacuation & reunification plans.
- Talk to your kids about what to do before, during, and after a disaster.
- Ask your child's school for a copy of their emergency plan for you to keep at home & work
- Create a backpack emergency card that your child can keep with them.
- Create a family password or phrase to prevent your child from going with a stranger.

Emergency Supplies for Kids

- Non-perishable food items (dried fruit, peanut butter, etc.) for three-to-five days, or longer
- Can opener
- First aid kit
- Sleeping bags or warm blankets for everyone in your family
- Change of clothes for three-to-five days, including sturdy shoes
- Toothbrush, toothpaste, soap
- Paper plates, plastic cups, paper towels, utensils
- Water – at least one gallon per person, per day for three-to-five days, or longer
- Battery-powered hand-cranked radio with extra batteries
- Flashlights with extra batteries
- Cell phone with charger, extra battery and solar charger
- Whistle to signal for help
- Local maps
- Books, games, or puzzle
- A favorite stuffed animal