

## Children

### Prepare:

- Consider using the Backpack Emergency card or the Child ID card. Place a copy of this card in your child's kit or backpack. Your state may have a process to obtain a child ID card.
- Choose an out-of-state family "check-in" member and make sure everyone in the family knows how to contact them.
- If you fear you may become separated from your child, write your phone number on his/her forearm with permanent marker (or provide them with an emergency bracelet).

### Transportation

- plan Let your child caregiver or school staff know who can pick your child up if you are not able to do so. Inform your kids about this back-up plan.
- Know your evacuation routes as well as alternate routes.
- If possible, find a friend's or relative's place that is far away (hundreds of miles) where you and your family could stay.
- Print directions to this location and keep these in your car and in your disaster kit.
- Create a family "password" or phrase to prevent your children from going with a stranger.

### Reducing fear

- During a disaster, your family may have to leave your home and your daily routine.
- Children may become anxious, confused or frightened. It is important to give children guidance that will help them reduce their fears.
- Let children own their feelings – if they feel sad or worried, then they are sad or worried. Instead of trying to tell children that they shouldn't feel that way after a disaster, help them learn how to cope with troubling feelings.
- Share with them some of your reactions and feelings and how you coped with them (such as talking with others, writing about your feelings or doing something positive to help others).

### Have a family plan

- Your family may not be together if a disaster strikes, so it is important to think about the following situations and plan just in case.
- Discuss family/household plans for disasters that may affect your area and plan where to go. Plan together in advance so that everyone in the household understands where to go during a different type of disaster such as a flood, tornado, or wildfire. Make sure everyone knows the address of the meeting place and discuss ways you would get there.
- Share information with other family members, friends and neighbors who don't live with you so that they know your plans, and you know theirs.
- Make sure everyone carries a copy of the plan in his or her backpack, purse or wallet.

- You should also post a copy in a central location in your home, such as your refrigerator or family bulletin board.
- Practice your plan. Have regular household meetings to review your emergency plans, communication plans, evacuation plan and meeting place after a disaster, and then practice, just like you would a fire drill.

### Special needs

- If you have a child with special health care needs, you may want to make him or her a “go bag.” It may be a bag your child takes to school each day. You can keep the special bag with your family kit, but it should be easy to carry.
- Fill in the Emergency Information Form for Children with Special Needs and save a copy on your phone.

### Communications plan

- Talk with your kids!
- Teach them what the different danger or warning signals sound like ( fire alarm, tornado siren, etc.).
- Show them where you keep a list of contacts including family members, emergency contacts, doctors’ and veterinary offices and pharmacy.
- When they are old enough, teach your children their parents’ names, phone numbers and addresses.