



Disaster and Emergency Management Resources

Preparing Your Children for Disasters

- Don't be reluctant to talk with your family about the possibility of a disaster. Thought and action before a disaster hits usually help family members react wisely.
- Involve children in the development of your Family Emergency Plan and Supply Kit and discuss and practice these plans as a family. Give children exact steps to follow.
- Help children practice dialing the telephone operator, fire station, and ambulance. (Keep the phone on the hook!)
- Teach your children how to recognize danger signals.
- Make sure they know what smoke detectors and other alarms sound like.
- Help your children to memorize important family information. They should memorize their family name, phone number, and address.
- Provide basic supplies for a variety of possible situations. Stock a box with games, books, and hobby materials for sitting out emergencies. Make sure emergency supplies of food, diapers, and drinks are available, as recommended by disaster teams.

Adapted from resource material developed by the North Carolina Extension Service entitled "Helping Your Family Prepare Before a Disaster" and the Federal Emergency Management Agency entitled "Helping Children Cope with Disaster"