

Preparedness Plan For Children



RESPECT HER
QUEENDOM

During emergencies, ensuring children's safety, keeping them engaged, and providing emotional reassurance becomes a priority. This plan focuses on preparing children for various crises, engaging them in age-appropriate preparedness activities, and maintaining their wellbeing. Here are actionable steps to incorporate child-focused preparedness into your emergency planning.

Safety and Basic Preparedness

- **Emergency Contact Information:** Teach children their full names, parents' names, home address, and emergency contacts. Practice how to call 911 or the local emergency number.
- **Family Emergency Plan:** Involve children in creating a family emergency plan. Use simple language to explain where to go, what to do, and whom to contact during different types of emergencies.
- **Safety Drills:** Regularly conduct safety drills for fires, earthquakes, or other relevant emergencies. Make it a fun, engaging activity to reduce fear and increase confidence.

Emergency Kits for Children

- **Personal Emergency Kits:** Prepare a personal emergency kit for each child, including water, snacks, clothing, and comfort items like a favorite toy or book. Let them help pack and personalize their kits.
- **Engagement Tools:** Include books, games, puzzles, or coloring supplies to keep children occupied during stressful situations.
- **Identification:** Ensure your child has identification on them, such as ID cards, wristbands, or tags in their backpacks, especially if you get separated.

Keeping Kids Occupied and Engaged

- **Educational Activities:** Prepare a list of educational apps, websites, and activities. Consider offline options like books and printable worksheets if digital access is disrupted.
- **Creative Outlets:** Provide materials for drawing, crafting, or journaling, offering a creative outlet for emotions and energy.
- **Physical Activity:** Plan simple indoor or backyard exercises to keep children physically active.

Emotional Reassurance and Communication

- **Open Conversations:** Encourage open discussions about fears, questions, or concerns regarding emergencies. Listen actively and provide comfort and assurance.
- **Emotional Support:** Recognize signs of stress or anxiety in children, which can include changes in behavior, sleeping patterns, or appetite. Offer extra affection and reassure them of their safety.
- **Routine and Normalcy:** Maintain a regular routine as much as possible, including mealtimes, bedtime, and playtimes, to provide a sense of normalcy.

Empowerment Through Education

- **Educational Resources:** Utilize age-appropriate books, videos, and online resources to educate children about emergencies and how they can stay safe.
- **Preparedness Projects:** Involve children in preparedness projects like packing their emergency kits, creating a family communication plan, or designing a home evacuation map.

- **Community Engagement:** Participate in community preparedness events or programs designed for children, which can be informative and empowering.

Special Considerations

- **Special Needs:** Children with special needs may require additional planning, including medication management, communication aids, or specific comfort items.
- **Childcare and School Plans:** Coordinate with your childcare provider or school on their emergency plans and how they will communicate with parents during a crisis.

By integrating these elements into your emergency preparedness efforts, you not only ensure your children's safety and wellbeing but also empower them with the knowledge and skills to navigate difficult situations confidently. Normalizing preparedness activities and fostering open communication are key to building resilience in children.