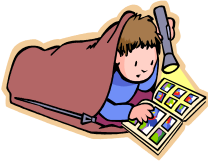


Helping Your Children Deal with Emergencies



Natural disasters and emergencies can be scary for children of any age. Children can experience emergencies in very different ways: feeling stressed and anxious, changes in behaviour or having problems sleeping.

Helping your children cope can include some of the following:

- Listen to their fears and tell them it is okay to be scared
- Give them information about emergencies that may affect them, example: power outages, hurricanes etc.
- Explain events as clearly as possible and acknowledge their fears about what has or may happen
- During emergencies, keep as many routines as possible including regular meal and bed times
- Talk with your child and teach them what to do in specific emergency situations
- Have a family emergency plan and let them be part of putting together a family emergency kit

Basic Family Emergency Kit

- Water (at least 2 Litres per day per person)
- Food that does not spoil, example: canned food, pre-packaged food such as energy bars, dried foods
- Can opener (manual)
- Radios and flashlights with extra batteries for both
- First aid supplies
- Other essential items such as: medications, food for infants, any equipment that may be needed for people with special needs.
- Don't forget your pets! Pack enough food, water and medicine for them too.
- Money in the form of smaller bills
- Your Family Emergency Plan and important contact numbers

Adapted from *Get Prepared*, Government of Canada.

For more complete information on emergency planning please go to:

<http://www.getprepared.gc.ca/cnt/plns/mrgncychildrn-eng.aspx>

*Anglophone West School District
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