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## **Emergency Plan – Appendix T-2 Children! During an Emergency**

1. During an emergency, remember that your child looks to you for guidance and comfort
2. Children follow their parent's lead. The calmer you are the calmer they will be.
3. Here is what you can do:
  - a. Talk with your children about emergencies that are common to your community and how to prepare for them
  - b. Have children help you put together your family emergency plan and the household's emergency survival kit
  - c. Practice family evacuation drills regularly and talk about why you are doing it. Children will not be as frightened because there is some familiarity.
  - d. Learn more about what you need to include in your emergency survival kit for infants and toddlers.
  - e. It is important to talk to children openly and honestly about what is happening. Try to explain the nature of the problem in a way they will understand. Also explain what is being done to correct it
4. Key things to consider for protecting your children during an emergency
  - a. Never dismiss their fears and anxieties. Let children know they can ask questions
  - b. Listen to what they have to tell you. Be patient with them
  - c. Allow them to express what they are feeling, for example, by drawing a picture
  - d. You should try to monitor what they watch on television. News coverage of certain emergency situations can be distressing for children