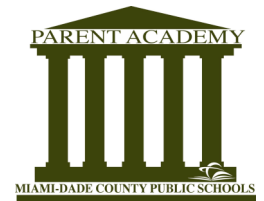


A Parent's Guide to Preparing for Hurricanes



YOUR FAMILY DISASTER PLAN

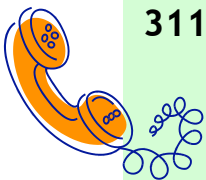
Before an Emergency: Preparing Your Family

"It's important for families to think of everything that can happen before a storm hits. Have supplies on hand, have a plan if your family has to evacuate and know what actions to take to protect your pets. The most important part of protecting against a busy hurricane season is creating a family plan with everyone doing their part." www.floridadisaster.org/kids

Making Special Arrangements for your Child

- Keep your home as comfortable as possible. Include with your supplies items like a battery-operated fan, coolers for ice and water, milk and cereal.
- Have handy the objects that bring your child comfort like blankets, pacifiers, favorite toys, teddy bears, dolls and coloring books with crayons.

Important phone Numbers:



311 Obtain 24-hour information during emergency events such as hurricanes. Provides answers in English, Spanish and Creole with personal service 7 days a week, Monday- Friday 8 a.m. to 8 p.m. and on Saturday and Sunday from 8 a.m. to 5 p.m.

211 The Children's Trust Helpline provides telephone counseling, crisis intervention and information and referral to hundreds of important services that help families and youth cope with their most pressing issues.

CHECK IT OUT

- Discuss the type of hazards that could affect your family. Know your home's vulnerability to **storm surge, flooding and wind.**
- Locate a safe room or the safest areas in your home for each hurricane hazard. In certain circumstances the safest areas may not be your home but within your community.
- Determine escape routes from your home and places to meet. These should be measured in tens of miles rather than hundreds of miles.
- Have an out-of-state friend as a family contact, so all your family members have a single point of contact.
- Make a plan now for what to do with your [pets](#) if you need to evacuate.
- Post emergency telephone numbers by your phones and make sure your children know how and when to call 911.
- Check your insurance coverage - flood damage is not usually covered by homeowners insurance.
- Stock non-perishable emergency supplies and a [Disaster Supply Kit](#).
- Use a [NOAA weather radio](#). Remember to replace its battery every 6 months, as you do with your smoke detectors.
- Take First Aid, CPR and disaster preparedness classes.

Checklist courtesy of:

www.nhc.noaa.gov/HAW2/english/prepare/family_plan.shtml

COMMUNICATION TIPS

Before an emergency:

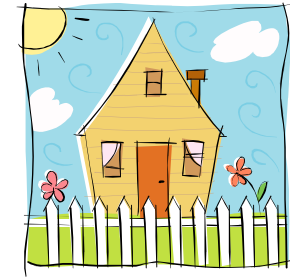
- Listen to your child's concerns and fears, and validate their feelings.

During an emergency:

- Offer realistic reassurances that everything will be okay.
- Acknowledge and share your own feelings, as you feel comfortable.

After an emergency:

- Limit your child's exposure to graphic visual accounts.
- As soon as possible, provide structure and routine in the home.



HELPING YOUR CHILD COPE WITH STRESS

- Adults should remain calm and reassuring
- Acknowledge and normalize feelings/reactions
- Encourage expression about disaster-related events
- Promote positive coping and problem-solving skills
- Establish/reinforce routines and expectations
- Provide opportunities for children to share their concerns
- Involve children in activities that allow them to make choices and resume a sense of control over their environment

KEEPING YOUR CHILD BUSY

Elementary Grade Children

- Play word games; provide simple words and have children respond with words that rhyme, words that have the opposite meaning or sentences that use the word. Draw pictures to go with each word.
- Start a sentence and have children complete it, such as: "I'm going to the beach, and I'm bringing..." Older children can play the same game, but challenge them to repeat what everyone previously said.
- Use dried peas, beans or peanuts to practice counting, adding, subtracting, multiplying and dividing.

Middle Grade Pre-Teens

- Play the geography game; start with the name of a city, state, river or other geographical location. The next person must name a place that starts with the same letter that finishes the prior one. Places cannot be repeated. Florida leads to Amsterdam, leads to Miami.
- Start a story, and have each child add a sentence. When the story is complete, work together to draw pictures of the story.
- Plan a fantasy post-hurricane outing. Use a phone directory to decide where the family should go, how they would get there and how much it would cost.

Senior High Teens

- Using parts of other words, invent words that don't exist, but should. *Example: Aquadextrous - the ability to lie in the bathtub and turn on the water with your toes.*
- Build a detailed family tree. Talk about what parents and grandparents did for a living, how and when they came to Florida. Incorporate photos, drawings and cutouts from newspapers and magazines
- Start a family recipe book. For each relative, include a favorite dish and why they love that meal.