



Preparing Your Kids

Preparedness Empowers You It saves lives, property, and time.

Emergencies happen, often with little or no notice. By taking action beforehand you can be prepared for any emergency.

**Be Ready Navy!
I am. Are you?**

As you plan ahead for an emergency, it is important that you discuss potential hazards with your children. Make sure they understand what might happen and what their job is during an emergency. Disasters can frighten children; including them in the planning process helps to ease their fears. By talking about emergencies with your children beforehand, they may better understand what to do if there is an emergency, be better equipped to react, and stay much calmer throughout the emergency.

Help Kids Be Informed About What Might Happen

- Talk to your kids about what types of emergencies might happen in your area.
- Make sure your kids know exactly where your family meeting place is.
- Talk about what might happen if they are in school.
- Discuss the differences in what they need to do depending on the different emergencies.

Make a Plan

- Make your evacuation plan as a family so your children understand where you are going and why.
- Make a communications plan as a family by writing down all the phone numbers you and your kids would need, as well as how to get in touch with each other if you are separated.
- Let your kids be involved in every process of planning.

Practice

- Practice what you might do as a family in different emergency situations.
- Let your kids ask questions and give their opinions regarding your plan's effectiveness.
- The more they talk about it, the more likely they will be ready when something happens.

Build a Kit

- Build your emergency kits together as a family.
- Give the kids a list so they can help gather supplies for the kit.
- Discuss why it is important to have each item in the kit.

Where to Find Additional Information

Department of Homeland Security
(Ready.gov) & FEMA—
www.ready.gov/kids

Be Ready Navy—Be informed before, during, and after an incident; make a written family emergency plan; and build an emergency supply kit good for at least three days.

www.ready.navy.mil

