



## EMERGENCY PREPAREDNESS WORKSHOP:



# Emergency Preparedness For Children

Presented By: Jon Sherman

This presentation is available on my website:



www.iwillprepare.com  
Emergency Preparedness



# Helping Children Deal with Disaster

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- Disasters can be stressful and scary, especially when you are faced with potentially dangerous or life changing situations.
- As adults, you may have experience with similar issues or have the ability to make decisions for you family. Both can help you feel more in control of your situation.
- Children on the other hand, rely on you. When situations are different than what they are accustomed to, they may have difficulty coping.
- How can we help children be better prepared to deal with these issues?





# Helping Children after a Disaster

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- Some children may never show distress. Others may not give evidence of being upset for several weeks or even months after an emergency.
- Other children may not show a change in behavior, but may still need your help.
- Children who experience an initial traumatic event before they are 11 years old are 3 times more likely to develop psychological symptoms than those who experience their first trauma later.
- Children are able to cope better with a traumatic event if parents and other adults support and help them with their experiences.
- Help should start as soon as possible after the event.





# Helping Children after a Disaster

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Children exhibit the following behaviors after a disaster:

- Be upset over the loss of a favorite toy or possession that is important to them.
- Change from being quiet, obedient and caring to loud, noisy and aggressive, or change from being outgoing to shy and afraid.
- Develop night-time fears (nightmares, fear of the dark or sleeping alone).
- Be afraid the event will reoccur.
- Become easily upset.







# Helping Children after a Disaster

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Children exhibit the following behaviors after a disaster (Continued):

- Lose trust in adults. (After all, their adults were not able to control the disaster.)
- Revert to younger behavior (bed-wetting, thumb-sucking).
- Want to stay close to parents. Refuse to go to school or daycare.
- Feel they caused the disaster because of something they said or did.
- Become afraid of wind, rain or sudden loud noises.
- Have symptoms of illness, such as headaches, vomiting or fever.
- Worry about where they and their family will live.





# Preparedness and Practice

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- Coping with disasters does not come naturally. It comes through understanding, experience, training and practice.
- When children are faced with situations they know nothing about, they can become afraid because they have no knowledge of how to control it.
- Children that have been part of the planning process and have discussed and practiced what to do during similar situations are far more able to deal with them in a positive manner.
- In what ways can we help our children deal with and prepare for potentially scary situations?





# Child Safety

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- Teach Children:
  - Stranger Danger
  - Help children memorize their full name, parents' full name, home address and phone number.
  - Look both ways when crossing a street
  - Wear a helmet
  - Tell parents where you are going and when you'll be back
  - Buddy System
  - Stop, Drop and Roll.







# Child Safety

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- Child-proof your house.
- Identify people and homes in your neighborhood as designated “safe places” for your children.
- Scan, copy or take a picture of the bottoms of kids shoes when you buy new ones.
- Create an Identification kit for each child.
  - Pictures, finger prints, voice recording, DNA, Bite Impressions (Toothprints)
- Take mental note of what clothing your children are wearing each day.
- Know children’s friends names and how to contact them





# Fire Safety

- Home fires are the most common emergency.
- Make sure you have functional **smoke alarms** in your home, in the correct areas and with fresh batteries.
  - Teach kids the sound and what to do if they hear it
- Setup a home **fire escape plan** and do a practice drill.
- Consider fire escape ladders for bedrooms above the first floor.
- Place **fire extinguishers** in your kitchen, garage, laundry room and other important areas in your home
- Learn how to use Fire Extinguisher  
...**PASS** Method





# Communications

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- Teach children how to use the phone and how to call 911.
- Write down and memorize important numbers in your cell phone.
- Setup Emergency Alerts on Child's Cell Phone
- Register Child's Cell Phone with local Reverse 911 Service.
- Enter "ICE" (In Case Emergency) numbers into all of your family members' cell phones.
- Select a family code word and teach your children how to use it.
- Setup Emergency Regroup Locations.
- Place a Whistle under child's bed.





# Light

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- Plan and do a “No Utilities” night with your family.
- Place a flashlight (with fresh batteries), a chemical light stick and a pair of shoes under each person’s bed.
- Light sticks – make great night lights





# Evacuation

- An evacuation can be a scary time for a child. With anything, the more in control YOU are, the safer your child will feel.
- Being “In Control” comes through Preparation and Practice.
- Prepare an Evacuation kit for each member of your family ahead of time so you don’t have to scramble when moments could mean the difference between life and death.
- Steps to Preparing an Evacuation Kit:









# Evacuation Kit List

- Print a copy of the Infant/Toddler Evacuation Idea list is available at [iwillprepare.com](http://www.iwillprepare.com)
- If you have older children, print the Standard Evacuation kit Idea List.
- Both are available at:

<http://www.iwillprepare.com/evacuation.htm>

[www.iwillprepare.com](http://www.iwillprepare.com)  
Emergency Preparedness

## Infant/Toddler Evacuation Kit Planning Sheet


<u>Feeding</u> <ul style="list-style-type: none"><li>• Breast Pump &amp; storage bottles or bags</li><li>• Breast Pads</li><li>• Bottles with nipples</li><li>• Bottled water</li><li>• Drinks</li><li>• Snacks</li><li>• Formula</li><li>• Baby Food (Age appropriate)</li><li>• Bib</li><li>• Food Dish and Utensils</li><li>• Spit-up towels (cloth diapers work well)</li></ul>	<ul style="list-style-type: none"><li>• Shampoo / soap</li><li>• Lotion</li><li>• Washcloths (3)</li><li>• Towels (2)</li><li>• Disposable diapers</li><li>• Cloth diapers with covers</li><li>• Diaper pins</li><li>• Diaper wipes</li><li>• Large freezer bags (to hold soiled diapers)</li><li>• Changing pad</li><li>• Diaper rash ointment with zinc oxide (Desitin)</li></ul>
<u>Sleeping</u> <ul style="list-style-type: none"><li>• Heavy blanket</li><li>• Light blankets (at least 2)</li><li>• Portable crib / Play yard</li><li>• Sheets for portable crib</li></ul>	<u>Comfort Items</u> <ul style="list-style-type: none"><li>• Pacifiers (at least 2)</li><li>• Security blanket</li><li>• Favorite Toys, Pillow Etc...</li></ul>
<u>Clothing</u> <ul style="list-style-type: none"><li>• Clothes (2 outfits per day)</li><li>• Hat (to keep baby's head warm)</li><li>• Hat (to keep sun off baby's head)</li><li>• Jacket / sweater</li><li>• Pajamas (1 per day)</li><li>• Socks (1 pair per day)</li><li>• Shoes</li></ul>	<u>Miscellaneous</u> <ul style="list-style-type: none"><li>• Infant car seat</li><li>• Infant seat / Carrier (Most infant car seats double as infant carriers)</li><li>• Sling / Soft carrier / Backpack carrier</li><li>• Stroller</li><li>• Bath toy</li><li>• Safety gates</li><li>• Nightlight</li><li>• Monitor</li><li>• Books</li><li>• Toys</li><li>• Teething toy</li></ul>
<u>Health &amp; Hygiene</u> <ul style="list-style-type: none"><li>• Pediatrician's phone number</li><li>• Medical insurance info.</li><li>• Acetaminophen (Infant Tylenol)</li><li>• Teething gel (Baby Orajel)</li><li>• Antihistamine (Children's Benadryl)</li><li>• Anti-gas drops (Mylicon)</li><li>• Anti-itch lotion/cream</li><li>• Special medications</li><li>• Adhesive bandages</li><li>• Antiseptic wipes</li><li>• Brush/comb</li><li>• Hand sanitizer</li><li>• Lip balm</li><li>• Nail clippers</li><li>• Suction bulb</li><li>• Sunscreen</li><li>• Tissues</li><li>• Travel baby bathtub (inflatable)</li></ul>	

Created By: Jon ShermanEmail: [iwillprepare@gmail.com](mailto:iwillprepare@gmail.com)Website: [www.iwillprepare.com](http://www.iwillprepare.com)



# How to get Organized?

- Make a copy for each child and write their name on top.
- Highlight the items you feel your child might need in their kit.

 <b>www.iwillprepare.com</b> Emergency Preparedness		<b>Billy</b>	<b>Evacuation Kit</b> Planning Sheet
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72-Hour Kit, Go Bag, Bug-Out Bag, Emergency Evacuation Kit... Whatever you choose to call them, evacuation kits are a vital part of your family's emergency plan. If forced to evacuate, you may have no advanced notice and have as little as seconds to leave your home. Having supplies packed and on-hand can literally mean the difference between comfort and hardship or even life and death. Assembling a kit is not difficult, it just requires a bit of organization and planning. Follow the instructions below to help you be successful.

First, make a copy of this list for each family member. Write each person's name at the top of their own planning sheet. Go through the list and highlight each item you wish to insert in that individual's Evacuation Kit. Remember! Each person has different needs, so no two kits will be alike. Also, make the kit is age-appropriate; you may choose to not include a pocket knife in the kit of a young child, etc... Once you have determined which items to include, find a temporary container to hold them in until you have gathered everything. Place whatever highlighted items you have at home in the kit, then cross them off your list. The remaining highlighted items are now your shopping list. Use this list in conjunction with your budget to determine how many items you can afford to buy each month. Once each highlighted item is placed in your kit, find a suitable container to hold the items (backpack/roller-duffle combo bags are my preferred choice). Select a bag that will only be used for this purpose and not emptied when the family goes on a weekend trip etc. Also try to place items in the kit that will not be taken out for other needs (ex. don't put your only flashlight in your kit, buy another one). Now your Evacuation Kit is ready. Print a list of your highlighted items and place it in your bag. You can use this list to make sure everything is in place 1-2 times a year as you rotate clothes, food, water and batteries.

<b>Light</b> <ul style="list-style-type: none"><li>▣ Flashlight &amp; extra batteries &amp; bulbs (head mount style keeps hands free)</li><li>▣ Chemical light sticks (12-hour one time use)</li><li>▣ Candle (survival variety or 100 hour)</li><li>▣ Lantern (area light)</li><li>▣ Button Flashlight</li><li>▣ Portable solar panel &amp; rechargeable batteries</li><li>** Consider solar, crank or LED styles to save on batteries.</li></ul> <b>Heat</b> <ul style="list-style-type: none"><li>▣ Matches in a Waterproof Container</li></ul>	<b>Method of Water Purification</b> (Tablets, Means of Boiling Water, Bandana, Bleach, Water Purifier [Not just filter]) <ul style="list-style-type: none"><li>▣ Water carrier/storage bag (use with water treatment tablets)</li><li>▣ Drink Mix with electrolytes (Propel, Gatorade, Replenish, etc.)</li><li>▣ Coffee Filters (Water Filtering)</li><li>▣ Backpacking Water Filter</li></ul> <b>Shelter</b> <ul style="list-style-type: none"><li>▣ Tube tent, Bivy Bag</li><li>▣ Wool Blanket or Sleeping Bag</li><li>▣ Emergency reflective blanket (lightweight or heavy-duty)</li></ul>	<ul style="list-style-type: none"><li>▣ Cellular Phone + Charger</li><li>▣ Paper, pencil, Spanish-English Dictionary</li><li>▣ Pocket TV, Public Safety Scanner, CB, Two-Way Radios (FRS/GMRS/MURS)</li><li>▣ Prepaid Phone Card, Pre-stamped Postcards</li><li>▣ Portable HAM Radio (License Required)</li><li>▣ Aerial Flares, Road Flare, Smoke Signal</li><li>▣ List of Important Phone Numbers</li><li>▣ Hearing Aid Batteries</li></ul> <b>Sanitation &amp; Hygiene</b> <ul style="list-style-type: none"><li>▣ Bath Wipes, Moist Towelettes</li><li>▣ Feminine hygiene supplies</li><li>▣ Toilet paper, Tissue Pack, Q-Tips</li></ul>
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# How to get Organized?

- Make a List of everything you want highlighted/ want to put in the kit.

## *Billy's Evacuation Kit List*

- Flashlight & Extra Batteries & Bulbs (Head mount style keeps hands free)
- Chemical Light sticks (12 hour one time use)
- Hand and body warm packs
- Water (At least 3 day supply per person) (1 gallon per day, 2 qts. drinking, 2 qts. washing/cooking/sanitation)
- Wool Blanket or Sleeping Bag
- Emergency reflective blanket
- Rain gear (Poncho)
- Whistle
- Bright Color Trail Tape
- Paper, pencil
- List of Important Phone Numbers
- Bath Wipes, Moist Towelettes
- Toilet paper, towelettes
- Cotton-Tipped Applicators [Q-Tips] (Travel Box)
- Tissue Pack
- Toothbrush, Toothpaste
- Comb, Brush, Hair Accessories, Hair Spray, etc...
- Insect Repellant
- Complete Change of Clothing and Sturdy Shoes or Work Boots
- Hat and gloves, Thermal Underwear, Warm Clothing
- Hat, Sun Block
- Sunglasses
- Food (High energy, pre-cooked, ready-to-eat) (Stress/Comfort Foods)
- Mess kit, or paper cups, plates, and plastic utensils
- Dust Mask
- Earplugs
- Evacuation Plan; List of Regroup Locations
- List of Kit contents
- Photos of Family Members- (Up-to-date)
- Bag, container, backpack to carry supplies
- Games, books, hard candy, small toys, paper and pen, favorite security items
- Kids comfort items
- Eyeglasses



# How to get Organized?

- Collect any items you already own. Place them in a temporary container. Cross each item off the list.

## *Billy's Evacuation Kit List*

- ~~Flashlight & Extra Batteries & Bulbs (Head mount style keeps hands free)~~
- ~~Chemical Light sticks (12 hour one time use)~~
- ~~Hand and body warm packs~~
- ~~Water (At least 3 day supply per person) (1 gallon per day, 2 qts. drinking, 2 qts. washing/cooking/sanitation)~~
- ~~Wool Blanket or Sleeping Bag~~
- ~~Emergency reflective blanket~~
- ~~Rain gear (Poncho)~~
- ~~Whistle~~
- ~~Bright Color Trail Tape~~
- ~~Paper, pencil~~
- ~~List of Important Phone Numbers~~
- ~~Bath Wipes, Moist Towelettes~~
- ~~Toilet paper, towelettes~~
- ~~Cotton Tipped Applicators [Q Tips] (Travel Box)~~
- ~~Tissue Pack~~
- ~~Toothbrush, Toothpaste~~
- ~~Comb, Brush; Hair Accessories, Hair Spray, etc...~~
- ~~Insect Repellent~~
- ~~Complete Change of Clothing and Sturdy Shoes or Work Boots~~
- ~~Hat and gloves, Thermal Underwear, Warm Clothing~~
- ~~Hat, Sun Block~~
- ~~Sunglasses~~
- ~~Food (High energy, pre cooked, ready to eat) (Stress/Comfort Foods)~~
- ~~Mess kit, or paper cups, plates, and plastic utensils~~



# How to get Organized?

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- The remaining items on the list are now your shopping list.
- Buy them as time and resources allow.

## *Billy's Evacuation Kit Shopping List*

- Chemical Light sticks (12 hour one time use)
- Wool Blanket or Sleeping Bag
- Emergency reflective blanket
- Whistle
- Toilet paper, towelettes
- Tissue Pack
- Comb, Brush; Hair Accessories, Hair Spray, etc...
- Insect Repellant
- Sunglasses
- Photos of Family Members- (Up-to-date)
- Eyeglasses





# List of Kit Contents

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- Make a list of the items to add to the kit, so you can validate contents semi-annually.

## **Emergency Kit Contents for Billy**

- Backpack
- Water, Water Bottle, Snacks
- Wool Blanket, Hand and body warm packs, Emergency reflective blanket
- Complete Change of Clothing and Sturdy Shoes
- Hat, Sunglasses, Tissue Pack, Ear Plugs, Warm Hat
- Emergency Poncho, Rain Jacket
- Flashlight & Extra Batteries & Bulbs, 2 Chemical Light Sticks
- Personal hygiene items (Toothbrush, Toothpaste, Brush, Hair Accessories, hand sanitizer, chap stick) Wipes, Pull-Ups
- Mess kit, Utensils
- Paper, pencil
- Work Gloves, Whistle, Carabiners
- Games, books, small toys, pillow
- List of Important Phone Numbers, Photos of Family Members
- Kit Cards: List of Important Phone Numbers, Photos of Family Members, Insurance Cards, List of Kit contents



# Emergency Kit Containers

- Select a suitable bag that will fit the size of the child and to include the contents.





# Food

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- It's true we can survive several days without food. However...
  - Lack of food can increase your susceptibility to the effects of cold, pain, fear and irrational thinking.
  - Children, especially with certain medical conditions (Diabetes) should not ration or go without food.
  - Food Improves Morale.





# Food

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- What kind of food should you include in your Child's Emergency Kit?
  - Consider the dietary needs of your family.
    - Baby Food, Formula, Allergies?
  - Food they will enjoy. (Try taste tests)
  - Nonperishable
  - No Refrigeration
  - No Heating
  - No Water Needed
  - No or Little Preparation
  - Compact and Lightweight
  - Satisfy Hunger
  - Supply Energy
  - Contributes to good nutrition
  - Improves Morale





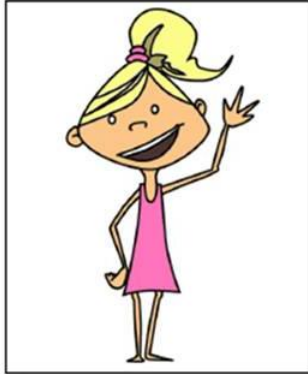





# Identification Cards

- Make up a 4x6 card for each family member similar to the example below. Place a copy of each family Member's card in every kit. I laminate them and put them on a ring.
- If someone goes missing, you'll have all you need to give to authorities.

**Jennifer Doe**



**DOB:** 12/10/2001  
**HT:** 4'2"  
**WT:** 45 Lbs.  
**Eyes:** Blue  
**Hair:** Blonde  
**Parents:** John Doe (12/12/1970) Jane Doe (10/5/1974)  
**Siblings:** Jack Doe (1/1/1999)

**Blood Type:** O+  
**Allergies:** none  
**Medications:** none  
**Medical conditions:** none  
**Insurance:** Blue Cross/Blue Shield #145643



# Clothing Tips for Children

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- Buy one size too large. When they grow into them, remove them from the kit and buy one size too large again.
- This way, clothes are not going unused.
- Clothes will never be too small in your kit when you truly need them.





# Clothing Tips for Children

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- Consider getting the same color clothes for all your children.
- Often times, when a child gets lost, the parent can't remember what color clothes their child was wearing.





# Comfort Items

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- Don't underestimate the importance of security or comfort items.
- During a disaster, you want to maintain as much semblance to normal as you can.
- Consider:
  - Games, Books, Hard Candy  
Small toys, paper and pens
  - favorite security items  
(Blankets, Teddy Bear, Etc.)
  - Earplugs – Especially helpful  
in shelters where noise levels  
make it hard to sleep.
  - Children's Medication

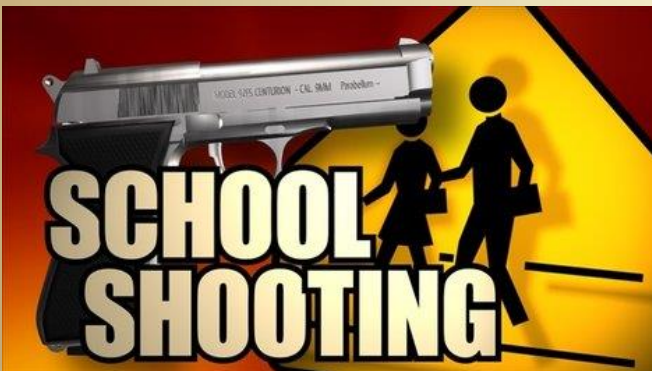






# School Safety

- Schools are not immune to violence as we see regularly in the media.
- The primary defense of our schools in an emergency is to perform a lockdown.
- Lockdowns may last for hours.
- Some schools have classroom emergency supplies, but few have anything of substance.
- Consider providing your children a few supplies they can keep in their backpack so they are available if needed.
- Encourage teachers to have lockdown kits and Sanitation kits







# Home Safety

- Teach older children how and when to Shut-off utilities.
- Conduct a Home Hazard Hunt.
- Are windows that serve as a secondary means of escape free of blockage and readily opened from the inside?
- Make sure all family members know how to operate your garage door when the power is out.



## HOME HAZARD HUNT

### Garage/Attic/Shed

Yes/No

- ☐ ☐ Use gasoline as a motor fuel only and never use or store it inside the home
- ☐ ☐ Keep only a small quantity of gasoline, if necessary, in an approved container locked in the garage or shed
- ☐ ☐ Keep flammable liquids such as paints and thinners in their original containers and store on or near the ground and away from sources of heat, sparks, or flame
- ☐ ☐ Store used oily rags in sealed metal containers
- ☐ ☐ Never store combustibles such as newspapers and magazines in your attic

### Fire Extinguisher

Yes/No

- ☐ ☐ Verify that an all purpose fire extinguisher (Class ABC) is maintained in an accessible location
- ☐ ☐ Ensure that all occupants know how to use it
- ☐ ☐ Are additional fire extinguishers kept in the kitchen, garage, basement, and sleeping area?

### Smoke Alarm

Yes/No

- ☐ ☐ Installed properly on every level?
- ☐ ☐ Tested monthly?
- ☐ ☐ Battery replaced annually or per manufacturer's recommendation?



# Family Preparedness Plan

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- Hold a family meeting to kick-off your preparedness efforts.
- Develop an Emergency Response Plan.
  - (Need help? Go to [www.iwillprepare.com/evacuation\\_files/Evacuation\\_Plan.htm](http://www.iwillprepare.com/evacuation_files/Evacuation_Plan.htm)).
- Involve Children in the planning (make it Fun, Utilities night, FHE)
  - Gives them a sense of control, which will help during the actual event.
- Plans involving children should help educate, keep busy, feel needed and distract.
- Designate someone to help with children, pets and family members with special needs.
- If all parents work, arrange for someone to pick up kids if you are not able to return home during a disaster.
- Involve your Child Caretaker in the planning process.
- Do a practice drill to test your plan.



# Family Data Contract

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- Protecting your children also includes protecting them from harm in cyberspace.
- Many of your children have cellphones or smart phones with data plans.
- Set rules and expectations early by signing a Family Data Contract.





# Family Data Plan Contract

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1. I understand that as a minor, I am still on my parent/guardian's telephone service provider contract, and as such have an obligation to meet my parent/guardian's expectations of behavior regarding the use of my cellular phone and/or data plan.
2. I will be responsible for the monthly payment of my data plan for the duration of the service provider contract to the extent that my parent/guardian expects me to be.
3. I will uphold our family values and represent my family with dignity while using my cell phone for communications and Internet use.
4. I will not display any personal information on my social media profiles and/or communications, including full names, dates of birth, locations of home or school, etc.



# Family Data Contract

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5. I will not transmit (send or receive) any media (texts, pictures or videos) that violates our family values or any state laws.
6. If I receive any media that violates our family values or any state laws, I will report it immediately to one of the adult signers of this contract.
7. I will agree to the installation any use of any parental control software applications should my parent/guardian decide to use such.
8. I will not permit younger siblings or children to use the Internet without specific permission from my parent/guardian.
9. I will not meet anyone in person that I only know from Internet contact without specific permission from my parent/guardian.



# Family Data Plan Contract

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10. I will not use my cell phone to engage in any harassing, threatening or otherwise illegal behavior. I understand that ignorance of the law is not an excuse.
11. I will disclose all user names and passwords for all accounts accessible by my cell phone to only my parent/guardian and to no one else.
12. I understand that violation of any of the terms of this contract may result in the loss of my cell phone and data plan privileges until my parents/guardians restore such privileges, but that I will continue to be responsible for payment of my data plan as determined above (see #2).

Adult Parent/Guardian Signature

Minor's Signature





# Final Plans

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- What if you don't make it through the disaster but your children do?
- Plan ways to take care of your children even when you no longer can.
  - Prepare Family Will or Trust
  - Make Final Arrangements for you and your spouse
    - Clearly outline your wishes.



# Contact Information:

Jon Sherman

Email:

[iwillprepare@gmail.com](mailto:iwillprepare@gmail.com)

Website:



[www.iwillprepare.com](http://www.iwillprepare.com)  
Emergency Preparedness