

Kids and Disasters



Kids will look to their parents and caregivers during an emergency for reassurance as unfamiliar events challenge their notions of safety and stability. Adults must keep calm and convey confidence to children during and after a disaster. Involving them in family planning will increase their ability to cope with an emergency and be a help during the aftermath. For more information and additional resources, visit utah.gov/beready.

- Create an evacuation plan for your home. Visual layouts of the plan are helpful for children
- Review the plan with family members. Include alternate routes in the event that your primary exit is blocked
- Simulate a home evacuation using your escape plan. Observe how much time is required for each family member to get to a safe location
- Discuss the role of each family member during a disaster or emergency situation
- Plan how you will include pets in your family evacuation plan
- Store books, games and activities in your emergency kit to help keep children occupied and calm during an emergency

Watch 20 to Ready videos at www.kbyueleven.org/community/20toReady