



HURRICANES



Families play a critical role in helping to reestablish a sense of normalcy and safety for a child before, during and after a disaster occurs. Please take a moment to read through these suggestions on how to support your child.

▶ [Look for links to more activities and facts on our website](#)



DEVELOPMENTAL EXPLANATION



How to Explain Hurricanes to Children

Be honest with children and keep explanations simple. Encourage children to ask questions and lead the discussion.

A hurricane is a really strong storm. For a hurricane to form there needs to be just the right ingredients. The “recipe” for a hurricane is wind and warm water. When the wind is at a steady flow and ocean water is just the right temperature the wind creates a circular motion that if it gets to 74 mph becomes a hurricane.

▶ [Additional Information About Hurricanes.](#)

PREPARATION



Helping Children Prepare for Hurricanes

Encourage children to participate in planning as a family. Ask your child to think about what helps them feel safe, calm, and comfortable. Create with children a checklist of tasks to complete before the hurricane. This might include bringing toys from the outside in, gathering canned food, water, flashlights, and non electronic games to keep busy in case the power goes out.

▶ [Tasks Checklist](#) | ▶ [Go Bag Suggestions.](#)

COPING



All Feelings Are Okay

Using the following ▶ [Tools for Caregivers](#) will help children to feel safe, calm and relaxed. After a storm children may want to feel useful and part of the clean up. Give children tasks that are safe and that they can handle.

▶ [Safe Ways to Clean Up After a Storm.](#)

PLAY



Play It Out

Play is how children understand their world and learn to process difficult experiences. Children may re-enact a hurricane by moving like the wind. Create a safe space for children to pretend to be or blow like the wind. They may run around without direction, fall down spontaneously, and knock into structures they built only to rebuild and do it over again.

EXPRESSIVE ART



Express Yourself

Children need opportunities to express themselves. Encourage your child to express emotions through movement, play, art or talking with a trusted adult. Encourage children to make their own pinwheel. To make your own pinwheel try: ▶ [“Blow your Worries Away” Activity](#)