

# CREATE A FAMILY EMERGENCY PLAN



Children want and need to feel involved in preparing for an emergency. Giving them manageable tasks to complete helps them feel like they are participating and contributing to family and community safety.

Below is a checklist of tasks that children can help with to create a family emergency plan. Review with your children what jobs they can complete.

## CONTACT CARDS

- Mom
- Dad
- Caregiver
- Grandparents
- Siblings
- Trusted Neighbor

## FAMILY MEETING SPOT

Agree on a general place to meet your family if you are not together and can't go home such as a park, beach, or school.

## EMERGENCY SUPPLY KIT

Pack an emergency pack for your family to grab if you need to leave the house quickly.

- Water
- Ready to eat food: canned juices, snack bars
- Battery powered radio with extra batteries
- Flashlights
- Extra set of clothes for everyone in the house including diapers, wipes, socks and underwear.
- Have your child create their personal pack:
  - Change of clothes
  - Blanket
  - Books
  - Favorite toy
  - Paper, pencils, and crayons



Scan this code for more disaster resources!

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*The information contained here does not constitute medical advice. It is for educational and informational purposes only. Please consult with a healthcare professional to receive personalized advice or treatment.*