

# Fact Sheet



## Preparedness Tips for Infants, Toddlers and Children

If an emergency strikes, it is important to have a plan of action for you and your family. Creating an emergency contact list, a written plan for your family and an emergency kit are vital to being prepared and maintaining control in times of crisis.

- ✓ Along with the other emergency kit items, your kit should include enough powdered baby formula, baby food, diapers, bottles, toys and games to keep small infants safe and comfortable during a disaster.
- ✓ If children are in childcare, preschool or school, it is important that parents or guardians know the emergency procedures of the facility. Review and update information on your Family Emergency Plan and child's emergency card as needed.
- ✓ Make sure you authorize someone nearby to pick up your children from school in case you are unable to travel to the school after a disaster.
- ✓ Parents should inform neighbors when their children are home alone so neighbors can take care of them in the event of a disaster.
- ✓ Effective ways to deal with children after an emergency event:
  - Encourage children to talk about their fears. Let them ask questions and describe how they're feeling. Listen to what they say, as a family group when possible.
  - Reassure them with love. Tell them they are safe and that everything will be all right. Let them know that life will return to normal again.
  - Keep them informed, in simple language, about what has happened and what is happening.
  - Emphasize that they are not responsible for what happened.
  - Hold and hug them frequently.
  - Encourage them to resume normal activities and to return to school and discuss problems with teachers.

**For more information, visit: [www.readypa.org](http://www.readypa.org)**

Additional resources: [www.pema.state.pa.us](http://www.pema.state.pa.us), [www.homelandsecurity.state.pa.us](http://www.homelandsecurity.state.pa.us),  
[www.ready.gov](http://www.ready.gov) or [www.health.state.pa.us](http://www.health.state.pa.us)