

Caring For Your Family

As a parent and family member one of the jobs you do best is to provide a healthy, safe and secure world for your family. But if you are like many other parents some issues feel overwhelming and you would rather not worry about them. The prospect of a disaster is one of those issues. However, there are special resources to help you protect your family in case of a disaster. And all of us can prepare. A few simple steps will help us to protect our families, assure that our children feel safe, and make it easier to recover if and when we have to go through a disaster.

Disasters are familiar to us all. Hurricanes, floods, forest fires, tornadoes, earthquakes and human caused disasters can affect anyone in the United States.

Pre-disaster planning and emergency readiness is a complex issue. Different types of disasters may require different knowledge and skills. Although each family needs to prepare in its own way, it is important that all members, parents and children and others, are provided with information that will help them handle a disaster.

The Family Readiness Kit's National Steering Committee knows how important it is for you to protect your family. They know that by providing some easy to use infor-

mation you can be truly prepared to manage the difficulties that you may encounter if you experience a disaster. That's why the Family Readiness Kit was developed.

THE FAMILY READINESS KIT AND HOW TO USE IT

The Family Readiness Kit was developed after talking with over 250 families, like yours. The ideas they shared were used to make a set of materials which reflect the needs of most families. Even though all families are unique, this information helps most of us to understand the basic information about preparing for a disaster.

This Kit is for parents to use at home to help prepare for most kinds of disasters. In most families, mothers are



likely to handle this responsibility. However, other family members often help too – fathers, grandparents, and even children. And because each family is different, family members other than Mom may take the lead in helping the family get ready for a disaster. Each family should handle this in a way they feel comfortable. Just make sure someone in the family does it.

in a disaster. And this is important. Children may feel a special kind of distress in times of a disaster. You, as a parent or responsible adult, can help a child to feel and be safe. Many parents say that preparing for a disaster feels overwhelming. They don't want to have to worry about something as frightening as a disaster. They are concerned that preparing for a disaster is too

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Most parents say they are only somewhat prepared and know some of what to do in case of a disaster. Most also say that they do not know how they would prepare to handle their child's emotional needs

hard, too costly, and takes too much time. And some people think they can get ready at the last minute.

Children say that their parents don't talk to them about disasters, even though doing so

may make a child feel safer. Many parents also say that once they started getting disaster-ready, it was a lot easier than they thought. Preparing for a disaster is something you can do. And everyone in the family has a role in preparing—even children.

The kind of information that parents want to know about disaster readiness is factual, positive and non-threatening. We already know that disasters can be dangerous. What parents say they need and want to know is direct information about how to get ready, how to make sure the children are safe, and how to keep the family together when a disaster occurs.

Planning for different types of disasters may require some different

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activities. But there are some general guidelines for readiness that can be applied in most situations. For more detailed information on specific disasters not found in this Kit, please use the Resources section in this booklet to learn how to contact local disaster preparedness experts.

WHAT'S INCLUDED IN THE KIT

The Family Readiness Kit has easy-to-use information and ideas that will help you prepare for a disaster and keep your family safe.

The Family Readiness Kit **OVERVIEW BOOKLET** has general information about how to prepare for a disaster. In this booklet are four different areas:

Understanding Disasters with information about different types of disasters and simple steps for preparing for them;

Families As The First Resource For Preparation, Protection and Recovery, with ways you can make your family the first line of protection in case of a disaster,

Making Your Neighborhood Disaster Ready, to help build neighborhood cooperation in times of an impending disaster; and

Community and National Resources, with phone numbers and addresses of local and national organizations with more ideas about what to do in case of a disaster.

The **"4 STEPS TO SAFETY READINESS" GUIDE**

This item is a two-sided readiness guide.

A CHILD IDENTIFICATION CARD.

This card will help authorities or other adults locate you if you are separated from your children.

LOCAL EMERGENCY PHONE NUMBER LIST, which allows you to write local phone numbers of organizations and individuals which can help in case of an emergency.

EARTHQUAKE, FLOOD, HURRICANE, TERRORISM, TORNADO, TSUNAMI, AND WINTER STORM FACT SHEETS.

This is basic information about disasters and what to do in case of one.

