

Children and Families Online Resources

Visit these sites to find information you can use to help teach your kids how to prepare for and cope with disasters. You can also learn about services that may be available.

[Children and Young Adults](#) - Disasters can strike quickly and sometimes without warning. They're scary for adults and can be traumatic for kids, especially if they don't know what to do. Learn how you can help your kids prepare for a disaster and cope when it's over. (American Red Cross)

[Be a Hero!](#) - Are you ready for the unexpected? You can find out how to make an emergency plan and build a kit with your family to help everyone prepare. There are also games for the kids, facts about natural disasters, and tips and resources for parents and educators. (Ready.gov)

[Let's Get Ready!](#) - Get your whole family involved and learn how to plan for emergencies – together. Create a family emergency plan and kit to help your kids remember important information. There are guides, tips, checklists, and other tools to help you get started. (Sesame Street)

[Helping Kids Cope with Disaster](#) - The reaction of kids to the emotional stress of a disaster can take many forms. You can learn about common reactions at different ages. Learn how to recognize risk factors and vulnerabilities in kids, how to meet their emotional needs, and reassure them after a disaster. You can also learn how to get support for your own needs to make you better able to help your kids. (FEMA)

[Women, Infants and Children \(WIC\)](#) - Learn about this supplemental nutrition program for qualified women, infants, and children (up to age five). The benefits are offered by state, and include supplemental foods, health care referrals, and nutrition education. You can get information like toll-free numbers, a state agency list, income requirements, and how to apply. (U.S. Department of Agriculture)

Children and Families Downloadable Guides and Resources

Below are checklists, forms, guides, and tips you can download and use to help your family prepare for emergencies and learn how to cope after.

[Emergency Supply List](#) (PDF, 164 KB) – Get a checklist of items your family should keep ready in case of an emergency. (Ready.gov)

[Family Emergency Plan](#) (PDF, 508 KB) – Here's a "Family Emergency Plan" form you can record important contacts and information on. You can print and fill it out, or save it to your device to

fill out and print. Put it in your emergency kit or another safe place you can easily get to. There are even cards you can give to each family member. (Ready.gov)

[Prepare Now for Peace of Mind Later - A Family Health and Safety Guide](#) (PDF, 568 KB) - This guide offers tips on ways to prepare your family for an emergency. You can learn how to disinfect drinking water and offer first aid for choking. Plus there's information on sports safety and how to help reduce the spread of germs. (American Red Cross)

[Let's Get Ready - Planning Together for Emergencies](#) (PDF, 480 KB) – Print and use this form to record important contact information for your family. Or save a copy of the form to your device to fill out and print. You can list all of the important people and places in your emergency plan. (Sesame Street)

[Tips for Talking With and Helping Children and Youth Cope After a Disaster](#) (PDF, 308 KB) – Learn how to talk to your kids about their feelings after a disaster. Learn what some of the common reactions are by different age groups. There's also a list of resources and hotlines you can reach out to if you need more help. (Substance Abuse and Mental Health Services Administration)

[After the Storm Information for Parents on How Schools Can Help After Disasters](#) (PDF, 708 KB) – If you had to leave your home because of a disaster, your kids can still go to school. You may just have to decide if you're keeping them in the same school or sending them to a school closer to where you're staying. This handbook can help answer some questions and guide you to resources that can help you decide. School can be a structured, safe place where kids can start to get back to life as it was. It can also be a place for parents to find support, information, and services than can help *them* recover. (National Center for Homeless Education)

Children and Families Videos

Watch these fun videos with your kids to help them learn about emergency preparedness.

[Administrator Fugate on Preparedness for Kids](#) - Watch 10-year-old Kayleigh Skolnick interview FEMA Administrator Craig Fugate about how kids and families can prepare for disasters. He shares a site you can go to find out how to get ready, and even how to plan for your pets. (FEMA's YouTube channel)

[Sesame Street - Let's Get Ready!](#) - Watch Sesame Street characters sing and kids narrate videos that help teach your whole family how to prepare for emergencies. Created by Sesame Workshop and its project partners. (Sesame Street)