

AFTER **NORMAL**

FAMILY WITH YOUNG CHILDREN PACK

A calm, practical plan for babies, toddlers, school-age children and teens when normal life is interrupted

A PLAN YOUR WHOLE FAMILY CAN PRACTICE, FOR EVERY AGE GROUP.

For: Parents, grandparents and other caregivers of babies, toddlers, school-age children and teens.



KEEP THIS PAGE**THE ONE-PAGE VERSION**

- 1 FIRST: Find out which hazards affect your area and sign up for local emergency alerts. (Section 1)
 - 2 Agree and write down a simple family plan: who does what, and two meeting places, one near home and one outside your neighborhood. Tell every child. (Section 1)
 - 3 Choose one out-of-area contact everyone can call or text. Write the number on every child's card. (Sections 1 and 10)
 - 4 Fill in a Child ID Card for each child. Keep it inside the backpack or go bag, not on the outside. (Section 10)
 - 5 Ask your child's school or childcare how they handle emergencies and pickup. Fill in the pickup authorization sheet and tell the people on it. (Sections 4 and 10)
 - 6 Pack a go bag for each child by age. The tables are in Sections 2, 3 and 4. Add a comfort item. (Sections 2 to 4)
 - 7 Store at least 3 days of water: 1 gallon (about 4 liters) per person per day, and more for babies on formula, nursing parents, sick children and hot weather. Store food your children will actually eat. (Section 5)
 - 8 Babies: if you can, keep ready-to-feed formula. It needs no mixing and is the safest choice in an outage. Keep safe water and a way to wash bottles. Never water formula down or make your own. (Section 2)
 - 9 Ask your child's doctor about medicines that need cold storage or devices that need power. Keep all medicines out of children's reach. (Section 6)
 - 10 Practice the plan for about 10 minutes, at least twice a year. Give teens real jobs. (Sections 1 and 4)
 - 11 Talk with children in words that fit their age, and limit the news they see. (Section 7)
 - 12 KEEP IN MIND: Babies sleep alone, on their back, on a firm, flat surface with no pillows or loose blankets. Never run a generator, grill or camp stove indoors or in a garage. Never leave a child alone in a car. Never walk or drive through floodwater. (Sections 2, 5 and 8)
 - 13 When you leave home, keep children together and buckle each child in the right car seat. (Section 8)
 - 14 AFTER: Watch for stress. Ask for help if it lasts more than 2 to 4 weeks or gets worse. (Section 9)
 - 15 NUMBERS: Emergency 911. Poison Help 1-800-222-1222. Disaster Distress Helpline 1-800-985-5990 (call or text). Crisis support: call or text 988.
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PART 1**1. THE FAMILY PLAN AND PRACTICE DRILLS**

A plan only works if everyone knows it. This section helps you write a simple plan, give each family member a job and practice it in short, calm sessions.

START SMALL

You do not need a long binder. You need one page that says who does what, where you meet and who you call. Write it down, share it and practice it.

If you care for grandchildren on some days, include yourself. The plan should work no matter which adult is there.

BEFORE YOU WRITE THE PLAN

- ☐ Find out which hazards affect your area: storms, floods, heat, winter weather, wildfire smoke or others.
Ask your county emergency management office. Different hazards mean different plans.
 - ☐ Sign up for local alerts.
Wireless Emergency Alerts come to your phone. A battery or hand-crank NOAA Weather Radio works when the power is out. The FEMA app is another option.
 - ☐ Talk with every adult who helps care for your children, including grandparents, sitters and neighbors.
Ready.gov gives discussion questions: how will we get alerts, what is our shelter plan, what is our evacuation route, how will we reach each other, and what does each person need.
 - ☐ Write the plan down, share it with everyone, and then practice it.
The Family Emergency Communication Plan works in three steps: collect information, share it, practice it.
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FREE SAMPLE

THAT WAS A TASTE

You have just read the opening of **Family With Young Children Pack**. The full guide has 10 parts, including:

- ☐ 1. The family plan and practice drills
- ☐ 2. Babies
- ☐ 3. Toddlers
- ☐ 4. School-age children and teens
- ☐ 5. Keeping children warm or cool, with food and water
- ☐ 6. Medicines, health and special health needs
- ☐ 7. Talking with children, and routines during an outage
- ☐ 8. Leaving home with children, shelters, and pets
- ☐ 9. After the event: recovery, stress and when to ask for help
- ☐ 10. Worksheets and printable cards

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