



Collaborating Agencies Responding to Disasters CARD

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Dear Parents,

Thank you for helping us build a world of disaster-resilient children! Your efforts make the difference between your children living in fear of what could happen and walking the world safe and secure.

By learning disaster preparedness and response skills, you are empowered to:

- Protect yourself and your family
- Protect your home, your valuables and your lifestyle
- Give yourself a mental advantage and make informed choices
- Be a responder, not a victim

Remember: ***your kids are only as prepared as you help them to be.*** Set the example by being prepared. Many children fear being separated from their families or that someone they love will be hurt in a disaster. Show children that you are prepared at home, in the car, and at work. Let them truly see and understand what's in place – just in case.

We are asking you, as a parent, to **be a Preparedness Advocate** for the needs of your children. Put preparedness on the agendas of the people who care for your child. If you don't know **EXACTLY** what their plan is now, it won't get any better during a disaster.

With your help we can create a community in which no matter where your child stays or plays, they will be safe. CARD can provide disaster preparedness and response trainings and plans to those who care for your child. Help us reach every childcare provider!



CARD provides disaster preparedness and emergency response support to nonprofits and community organizations and works with businesses and government to serve clients with special needs.

CARD (Collaborating Agencies Responding to Disasters)
(510) 451-3140 | www.FirstVictims.org | CARD_proj@yahoo.com

CARD is a 501(c)3 nonprofit organization. To make a donation, call (510) 451-3140

serving people with special needs in times of disaster



BUILDING DISASTER RESILIENT CHILDREN

Skills for Parents

PREPAREDNESS

- ❑ Create a go-kit with your children – support them in making good choices for their kit.
- ❑ Practice with your children – practice until it is routine.
- ❑ Include your pets in the plan – explain your priorities to your children. Just as you will take action to protect your children, they will want to take care of their pets.
- ❑ Work with schools and care providers – your children should not receive conflicting messages.
- ❑ Eliminate scare tactics and fear-based messages around disaster preparedness activities. Fear is not sustainable: love and the desire to keep everyone safe and healthy are enduring motivators.
- ❑ Make preparedness a fun and bonding experience with your children.

RESPONSE

Your reactions give your children their experience. Be prepared to respond the way you want to your children to see and learn from. You can decide what they will see and experience: Hope, determination, gratitude and people pulling together? Or fear, anger, bigotry and people being victims?

Optimism is a learned behavior!

Have children think of themselves as responders, **not victims**. Help them learn:

- ❑ Drop, Cover and Hold
- ❑ Shake, Look and Listen
- ❑ Safe places in each room
- ❑ Safe people and places to go in an emergency
- ❑ How to call 911
- ❑ Age-appropriate First aid

RECOVERY

Stress and strong emotions are, of course, natural after traumatic experiences. The important thing is to foster healing and protect children from further trauma. It is helpful to:

- ❑ limit exposure to news – especially for the very young.
- ❑ have age appropriate conversations about the event
- ❑ establish routines and structure
- ❑ participate in constructive community activities

