

September, 2006

Chicago Dept of Public Health



OFFICE OF VIOLENCE PREVENTION

# Violence Prevention E-Brief

## September is TOGETHER WE PREPARE Month

With children returning to school and summer activities coming to an end, this would be a great time to sit down as a family and make sure you are as well prepared as possible to respond to potential emergencies.

### PREPARATION AND PLANNING REDUCE TRAUMA

Visit : [www.72hours.org](http://www.72hours.org)

Parents wonder if, when, and how to explain traumatic events to their children. Kids' questions and concerns are likely to be tough to answer, but as with all important discussions, **keeping communication lines open is critical** and **honesty is essential**. Some concerns don't get settled quickly, and more than one talk may be necessary as events unfold.

Adults should reassure them that **every effort is being made to insure their safety** and, particularly for young children, be specific about the ways in which their families, local officials and state and federal government take precautions to insure their safety.

Wait for your child's questions ...

Consider your child's individual personality style and temperament...

Adjust your response to the age of your child.

*HUG A LOT* ● *REASSURE* ● *DRINK WATER* ● *REST WHEN POSSIBLE*

### Tool Box for : CREATING A FAMILY EMERGENCY PLAN

- Include your children in family discussions and planning for emergency safety.
- Teach your children their basic personal information so they can identify themselves and get help if they become separated from a parent or guardian.
- Prepare an emergency card with information for each child, including his/her full name, address, phone number, parent's work number and out of state contact.
- Know the policies of the school or daycare center your children attend. Make plans to have someone pick them up if you are unable to get to them.
- Regularly update your child's school with current emergency contact information and persons authorized to pick up your child from school.
- Make sure each child knows the family's alternate meeting sites if you are separated in a disaster and cannot return to your home.
- Make sure each child knows how to reach your family's out-of-state contact person.
- Teach children to dial their home telephone number and Emergency 9-1-1.
- Teach children what gas smells like and advise them to tell an adult if they smell gas after an emergency.
- Warn children never to touch wires on poles or lying on the ground.
- Role-play with children to help them remain calm in emergencies and to practice basic emergency responses such as evacuation routes, Drop, Cover & Hold and Stop, Drop & Roll.
- Role-play with children as to what they should do if a parent is suddenly sick or injured.
- Role-play with children on what to say when calling Emergency 9-1-1.