



## Be Ready Tip(s) of the Month

### August Tip: **Involve Kids in Preparedness**

Kids, from young children to teens, can be part of your family's emergency planning activities. Involving them in making preparations beforehand will help reduce the fear your kids may feel in an emergency situation.



- Tip #1:** **Be Informed**—Talk to kids about the types of emergencies that might happen in your area and what to do if they are at school or you are away from home when disaster strikes.
- Tip #2:** **Make a Plan**—Discuss evacuation plans and a place where you can meet outside the home if you are separated in an emergency. Identify a trusted adult they can turn to if necessary.
- Tip #3:** **Build a Kit**—Put your emergency kit together as a family and explain to them why each item is included. Make sure everyone in the family knows where the kit is kept and can get to it safely.
- Tip #4:** **Practice**—Conduct regular dry runs to practice the plan and help ensure that everyone knows what to do in an actual emergency.

For more information on how to prepare your kids for emergencies, view the Ready Coast Guard fact sheet at [http://www.uscg.mil/worklife/docs/Ready/KP\\_Kids\\_Plan.pdf](http://www.uscg.mil/worklife/docs/Ready/KP_Kids_Plan.pdf) and the information at <http://www.ready.gov/kids/parents>.

**Be/stay informed, make a plan, build a kit and pass it on, so all are prepared.**

Semper Paratus!