

Are YOU ready?
To:
H.E.L.P. K.I.D.S.
MAKE A DIFFERENCE?

***Elizabeth Normand RN, MSN-Staff Nurse
Educator Hospital of St Raphael
New Haven, CT***

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Alexandria, VA***





INTRODUCTION



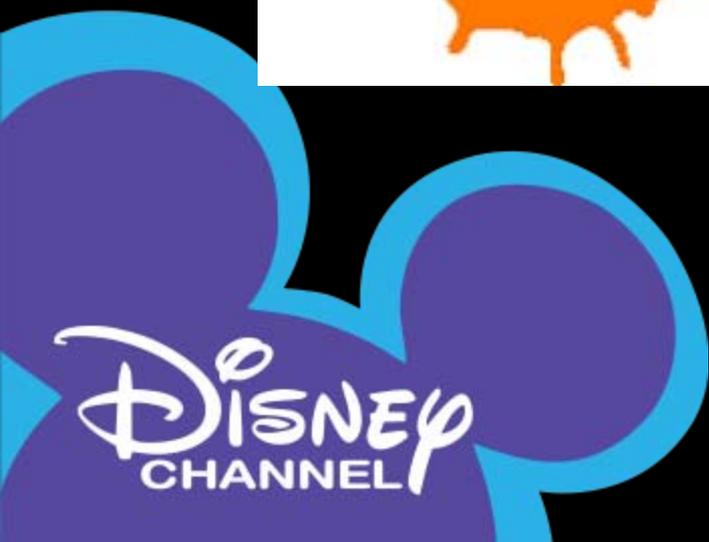
- **STATISTICS:** about 6000 kids lost parents because of WTC attacks, over 3000 kids lost parents because of Hurricane Katrina (wikipedia)
- **PROBLEMS: PTSD**, nightmares, depression, withdrawal, deviant behavior, suicide
- **TOUGH QUESTIONS AND ANSWERS:** terrorism, harsher realities, how do we ensure their safety, what's important to them?

Sumatra tsunami hitting Koh Pu, Thailand



© Anders Grawin

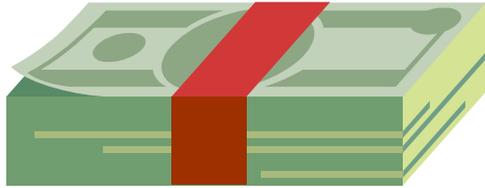




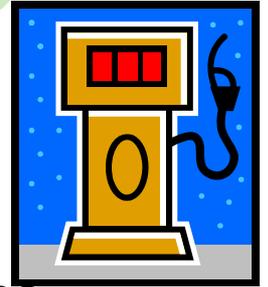
What can we do?



- **Family ICS, HIMS:** Home Incident Management System
- **HERS:** Home Emergency Response System! I'm the boss!
- **I am the IC** and in charge of finance, he's in charge of operations, logistics, communications
- All kids can have **specific roles** based on age and type of disaster
- All kids can **BE GOOD CITIZENS** with support and proper training



Roles for kids



- **Teens**-cell phones, gas, supplies, cash, communication, elder care, child care-13+
- **Pre-teens**-firewood, water, first aid kit, pet care, food, household readiness, help with above 9-13
- **Grade school**-pet care, help with supervision, distractions-5-9 and younger can also help with basics
- **Involve** all in Household DRILLS



So how do we tell our kids about disasters?

- **K.I.S.S.**



- **Age appropriate** information
- **Reassure safety**
- **Get them involved** in emergency planning at home and community
- **AND**.....

H.E.L.P. K.I.D.S.

- **H- HONESTY**
- **E- EDUCATION**
- **L- LOVE**
- **P- PLAY**

- **K- CREATIVE**
- **I- INVOLVE**
- **D- Do's and Don'ts**
- **S- SAFETY AND SUPPORT**





H. **ONESTY**



- **ADMIT THAT YOU'RE SCARED TOO**
- **TELL THEM WHY & WHAT YOU DO FOR A LIVING**
- **GIVE THEM ACCURATE INFORMATION**
- **TELL THEM WHAT TO EXPECT AND WHAT YOU EXPECT FROM THEM**
- **ALLOW EXPRESSION OF FEARS**

E.DUCATION

(explain)



- WHY??????
- World, national and state emergencies and disasters
- How Federal and state agencies work to help people
- Pictures of various natural and manmade disasters, on-line research
- **Age appropriate**-teens may want to explore sites, but younger may only need brief descriptions if too graphic

L.OVE



- FAMILY
- COMMUNITY
- COUNTRY

- First responders are usually neighbors
- Good citizens/Samaritans

P.LAY



- A LOT OF INFORMATION
- Don't overwhelm kids or make it seem like homework
- Allow frequent breaks
- MAKE LEARNING FUN ex: scavenger hunts, no power night, camp outs
- Kid-friendly websites (see last slide)



K.-CREATIVE



- Age appropriate information
- Home drills/emergency plans
- **BACKPACK (GRAB-N-GO KITS)**-HAVE EACH CHILD MAKE UP THEIR OWN, first aid kits
- **HVA ASSESSMENTS, TOWN MAPS, GEOGRAPHY, HISTORY, MEMORIES**
- **YOUR EXPERIENCES, STORIES**



I.NVOLVE LEARN CPR

You Can Do It!



American Red Cross

Together, we can save a life

- CERT, CPR, FIRST AID TRAINING
- VOLUNTEER-BLOOD DRIVES, TOWN EVENTS, CHURCH FUNDRAISERS
- COMMUNITY SERVICE PROJECTS
- NEIGHBORHOOD WATCH
- CARE-ELDERS, CHILDREN, PETS
- COURSES-SAFE SITTER, SAFE DRIVER COURSES
- SHOVEL SNOW, BOARD WINDOWS, SANDBAGS
- STOCKPILING NON-PERISHABLE FOOD AND WATER



Do's and Don'ts

- Don't expect to do it all in one day!



- Don't criticize



- Don't expect perfection



- Don't think that it will never happen to you!

- Do praise for a job well done!



S. AFETY AND SUPPORT



- ENSURE THEIR SAFETY
- LET THEM KNOW WHO WILL TAKE CARE OF THEM IF YOU CAN'T
- ALLOW EXPRESSION OF FEARS, AND QUESTIONS
- GET FEEDBACK AND EVALUATE DRILLS



- **Terrorist Attacks and Children**
- **Jessica Hamblen, Ph.D.** When terrorist attacks occur, our children may witness or learn about these events by watching TV, talking with people at school, or over hearing adults discussing the events. For instance, the September 11th, 2001 attacks and the Oklahoma City bombing received widespread attention and media coverage and many children were exposed. But how should we speak to our children about these events when they occur? Should we shield them from such horrors or talk openly about them? How can we help children make sense of a tragedy that we ourselves cannot understand? How will children react? How can we help our children recover? Fortunately, there have been relatively few terrorist attacks. One consequence of this is that there is little empirical research to help us answer the above questions. Information from related events can be used to provide answers.
- **How do children respond to terrorism?**

BE PREPARED IN EVERY SITUATION



READY KIDS



Library



For the Little Ones



The Disaster Area



Becoming A Disaster Action Kid



What's Happening Now?



Disaster Connection: Kids to Kids



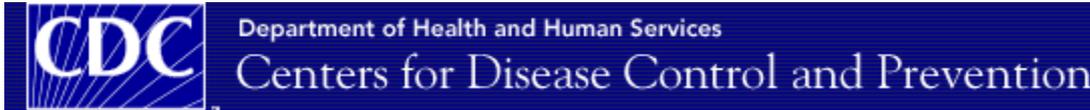
Get Ready, Get Set



About FEMA



Games & Quizzes



NIEHS KIDS' PAGES



Hurricane Katrina and the NIEHS (DHHS)

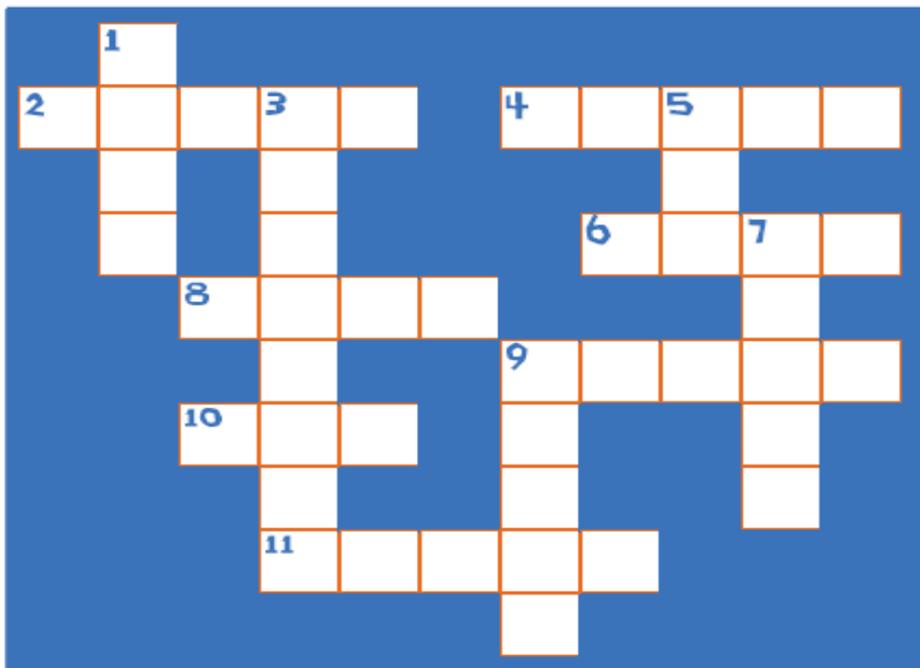


PANDEMIC FLU, WHAT SHOULD I DO?



DEAR FAMILY,

To prepare for emergencies, families can collect items that might be useful and put them in an emergency supply kit. Go to www.ready.gov and click on *Ready Kids* to find out how your family can prepare for unexpected situations. Then complete this crossword puzzle to give you an idea of what kinds of things should be part of your family's emergency supply kit.



CLUES

ACROSS:

2. _____ light: A handy tool to have if the lights go out!
4. Every person needs one gallon of this per day!
6. This comfortable piece of furniture should not be part of a family's supply kit.
8. Furry family members that should be part of your preparedness plan.
9. Some people have a _____ between meals if they are hungry.
10. You might find water, a flashlight, or a whistle in an emergency supply _____.
11. Fun items that families can play together.

DOWN:

1. Families can create a communication _____ so that they know where to meet and who to call during an emergency.
3. _____ bag: Great for napping or keeping warm.
5. Every family member should carry a contact list with at least _____ different phone numbers that will allow you to keep in touch during an emergency.
7. It's important to get the _____ about different kinds of emergencies, so that you know what to expect.
9. Keep an extra pair of these in your supply kit to keep your feet dry!

Visit www.ready.gov and click on *Ready Kids* for a family scavenger hunt to create your family's emergency supply kit!



EMERGENCY CONTACT INFORMATION

It's important to be able to contact your family if there is an unexpected event. Fill in the following information and keep a copy on the refrigerator, in your car, and in your child's backpack.

Parents/Guardians Contact Names: _____

Telephone numbers: _____



WORD SEARCH

L E A F B E H S C Y L C D Q O
 C A R D A O C U Q F T I P I Q
 T S E J Q M G P I R N K D N F
 U F N P X F I P Q P L A H K J
 A B O W Z J W L E N R D Z U B
 M G H R W W G Y Y J E A B A C
 A V P O G A U K B P O T C N W
 F K L A H W H I H N L K S J L
 Y I P U Z E M T K U P A E I N
 M E E T I N G P L A C E N N L
 B M J Y D O S L C Y T E F A S
 G U J C A L M K M L O L K J C
 E N O D L S W K E H F N L T L
 H C H P V Q E J M I Q S L J S
 A F Q S Z Q K N L V M O T X N

Words To Find:

- BACKPACK
- CALM
- FAMILY PLAN
- LISTEN
- MEETING PLACE

- PHONE
- RADIO
- SAFETY
- SUPPLY KIT





READY KIDS

U.S. DEPARTMENT OF HOMELAND SECURITY

COLORING PAGES





READY KIDS

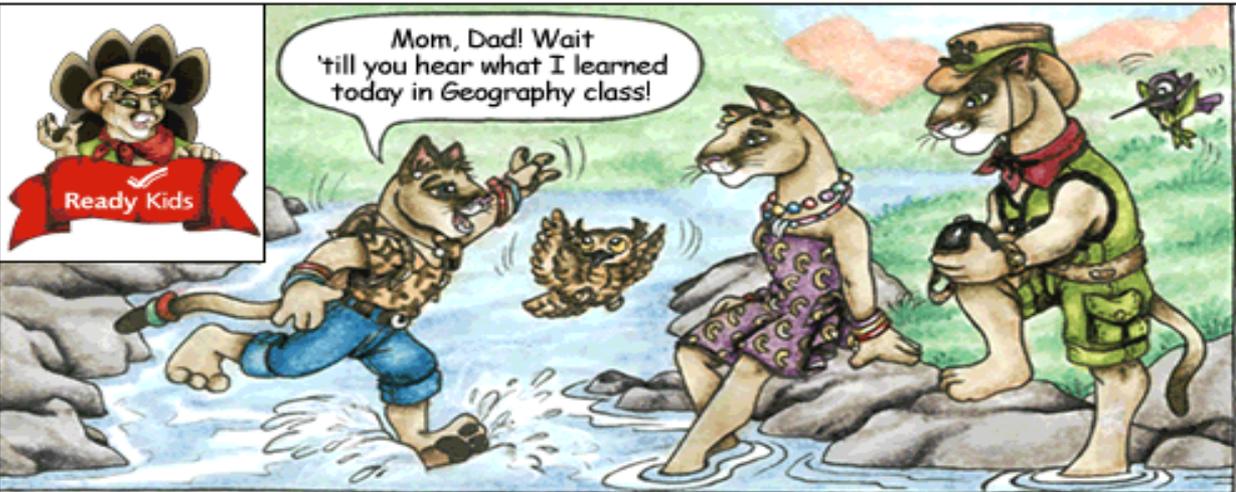
U.S. DEPARTMENT OF HOMELAND SECURITY

COLORING PAGES





Mom, Dad! Wait 'till you hear what I learned today in Geography class!



We discussed all the weather related emergencies such as hurricanes, tornadoes, blizzards and even earthquakes!



Cool!

You already know how preparing for an emergency is very important!

We have discussed our Family Communication Plan!

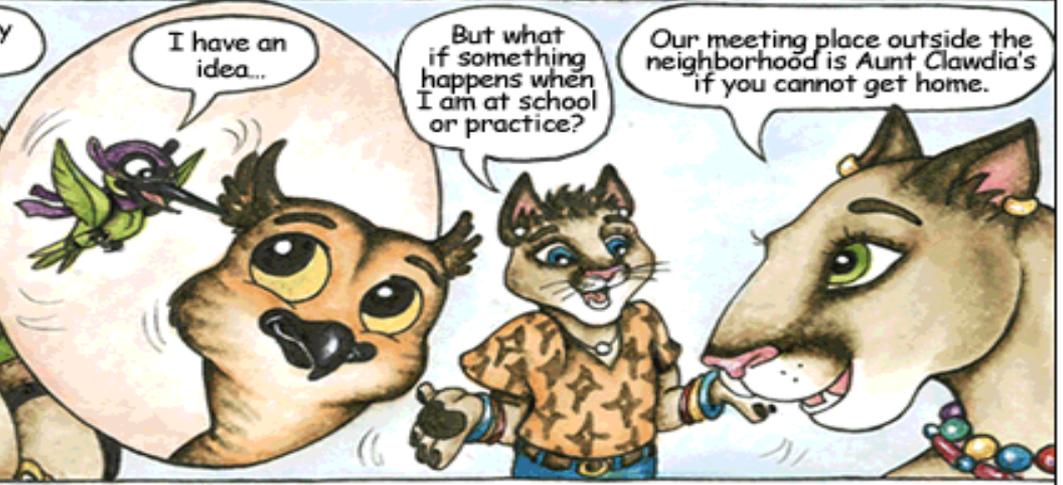
And we have assembled a Family Supply Kit!



I have an idea...

But what if something happens when I am at school or practice?

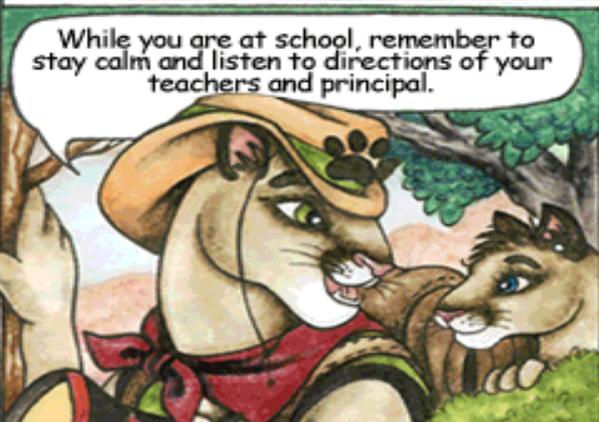
Our meeting place outside the neighborhood is Aunt Clawdia's if you cannot get home.



While you are at school, remember to stay calm and listen to directions of your teachers and principal.

You should always keep contacts and meeting place information ready in your back pack.

And if we need to leave home quickly, we have a portable supply kit ready to grab!



I have a surprise! Follow me!

Where is Hector taking us?



A SCARY THING HAPPENED

A children's coloring book to help cope with disasters
presented by:

Freeborn County Crisis Response Team



Get Ready, Get Set...



Kids Activity Survival Kit

You may have to leave your house during a disaster and may sleep somewhere else for a while. It's smart to put together your own Kid's Activity Survival Kit so you will have things to do and share with other kids. These can all be stored in a backpack or duffel bag. Just make sure you can carry it easily. Some suggested items for your Activity



Survival Kit:

- A few of your favorite books
 - Crayons, pencils or marking pens and plenty of paper
 - Scissors and glue
 - Two favorite toys such as a doll or action figure
 - One or two board games
 - A deck of cards
-
- A puzzle (One with lots of pieces is good -- it takes a long time to do!)
 - Small people figures and play vehicles that you can use to play out what is happening during your disaster -- such as ambulance, fire truck, helicopter, dump truck, police car, small boats.
 - Favorite stuffed animal or puppet
 - Favorite blanket or pillow
 - Pictures of the family and pet
 - A "keep safe" box with a few treasures that make you feel special.





FEMA Certified
Disaster Action Kid

Be it acknowledged that
Michael Normand

*has successfully completed the FEMA for
Kids
official course of study and has proven to
be
more knowledgeable about, and better
prepared for,
all manner of natural disasters*

on this day, November 16, 2007

•
R. David Paulison
Acting Director
Federal Emergency Management Agency



Tips to start a program in your community

- Start with your family
- Get resources from web sites
- Speak to your child's teacher
- Develop program for K-12
- Submit to Mayor and superintendent
- Set up meeting times for individual grades/classes
- Get parents and teachers involved
- Write for local papers/programs for CATV
- Make bi-annual curriculum in school system
- Provide information on drills, events, volunteer opportunities within community
- Have information available at town events throughout year

E-Mail/Contacts

- Rickliz@aol.com
- enormand@srhs.org

- Elizabeth Normand RN, MSN
- Staff Nurse Educator
- Disaster Management & Emergency Preparedness
- Hospital of St. Raphael
- 1450 Chapel St
- New Haven, CT 06510
- And Emergency Management Advisory Council
- Town of Prospect, CT 06712

The End!!!!!!



QUESTIONS?

