



HURRICANE SEASON: WHAT PARENTS SHOULD KNOW BEFORE, DURING, & AFTER A STORM

children
at Risk

HHCRC
HURRICANE
HARVEY
CHILDREN'S
RECOVERY
COLLABORATIVE

BEFORE A STORM



TALK ABOUT IT

- Talk to your children about hurricanes before the season starts.
- Use simple, age-appropriate words to explain what hurricanes are and what could happen.

BEFORE A STORM

ESTABLISH EMERGENCY CONTACTS

Identify at least three primary emergency contacts:

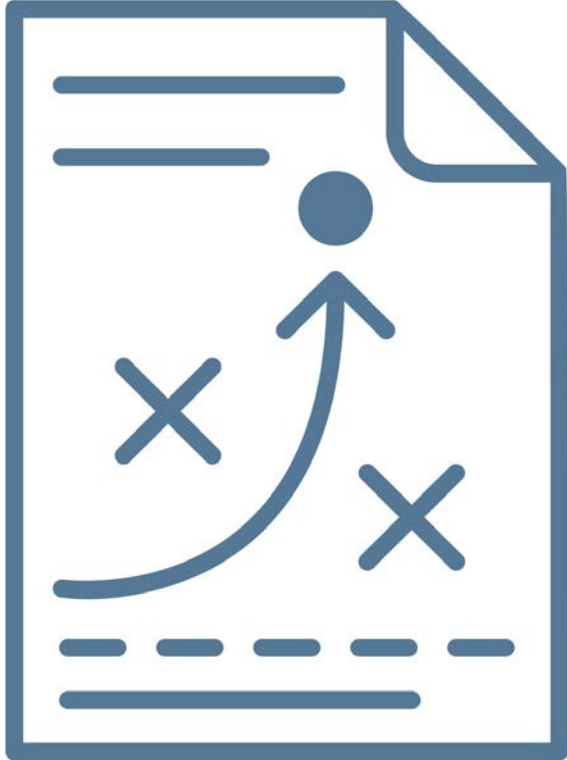
- a family member
- a local friend or relative
- an out-of-town contact

Write them down and keep copies.

Visit savethechildren.org for free emergency contact cards



BEFORE A STORM



MAKE A PLAN

Create an emergency plan and share it with the whole family.

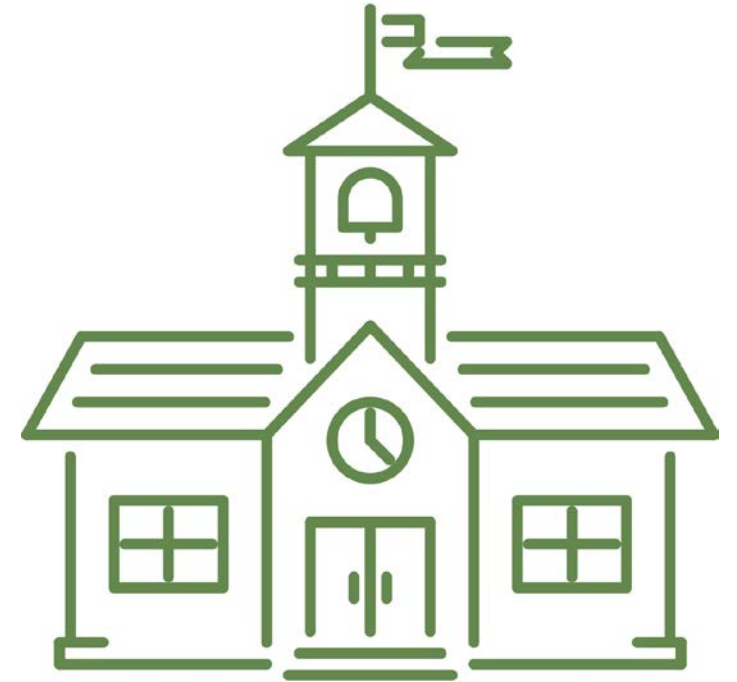
- Establish where you will go in an evacuation and a meeting location in case of separation.
- Plan alternative routes for washed out bridges and flooded roads.

BEFORE A STORM

LEARN SCHOOL EMERGENCY PLANS

Ask about your school or daycare facility's emergency plans.

- Learn their procedures for evacuation or alternative pick-up location.
- Make sure they have accurate and up-to-date emergency contact info.



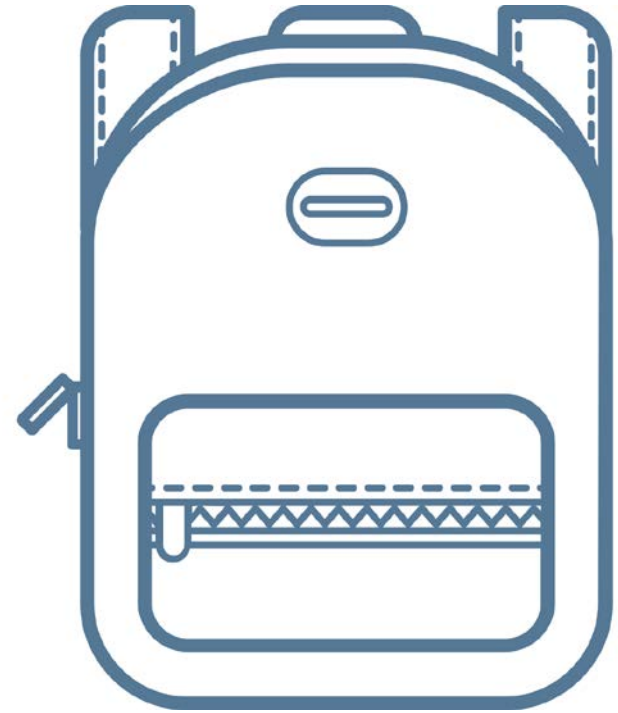
BEFORE A STORM

PACK A GO-BAG

Include:

- basic hygiene items
- changes of clothes
- notebooks or game
- any necessary medications

Include your child in the packing process to help them feel prepared.



BEFORE A STORM



STAY INFORMED

Pay attention to your local weather service for hurricane watches and warnings as conditions can change rapidly.

- Listen to your National Weather Service (NWS) office and local officials for guidance on evacuation.

DURING A STORM



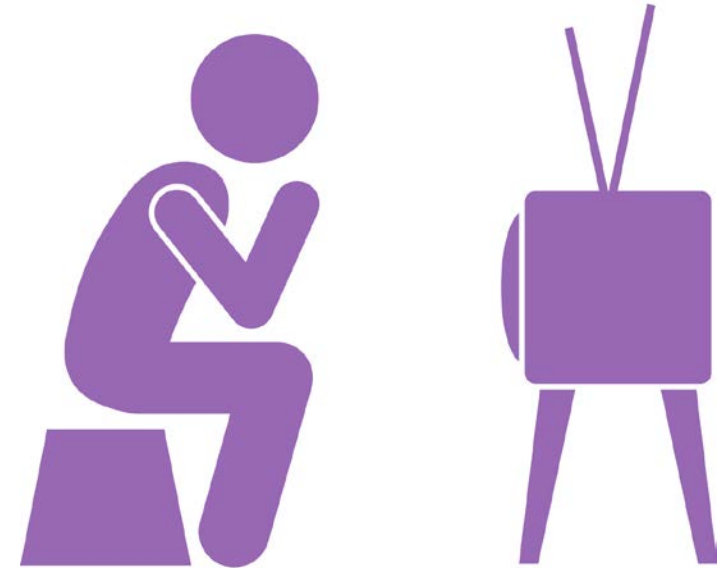
ENCOURAGE DIALOGUE

Speak simply and honestly with your kids. Provide ongoing opportunities for children to talk

DURING A STORM

MONITOR MEDIA & ADULT CONVERSATIONS

- Limit news exposure when possible.
- Be mindful of how much children can developmentally handle.
- Be aware of grown-up conversations around children.



DURING A STORM

GIVE EXTRA COMFORT & PHYSICAL AFFECTION

Physical comfort goes a long way towards providing inner security.



DURING A STORM

FOCUS ON THE HELPERS

- Let children know they are not alone.
- Many are coming to help by
 - opening up shelters
 - donating supplies
 - restoring power
 - removing debris
 - helping families find safety



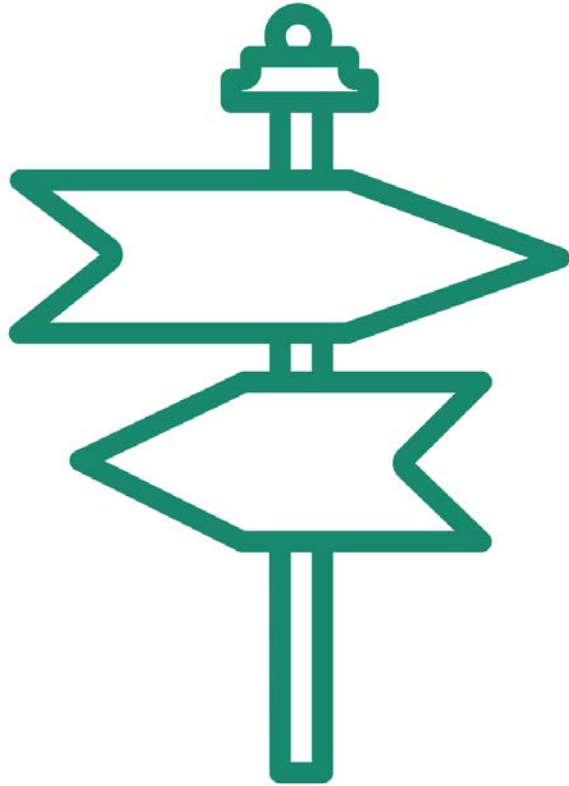
AFTER A STORM

TAKE TIME FOR YOURSELF

You can't fully be there for your child if you aren't taking care of your own physical needs and emotional needs.



AFTER A STORM



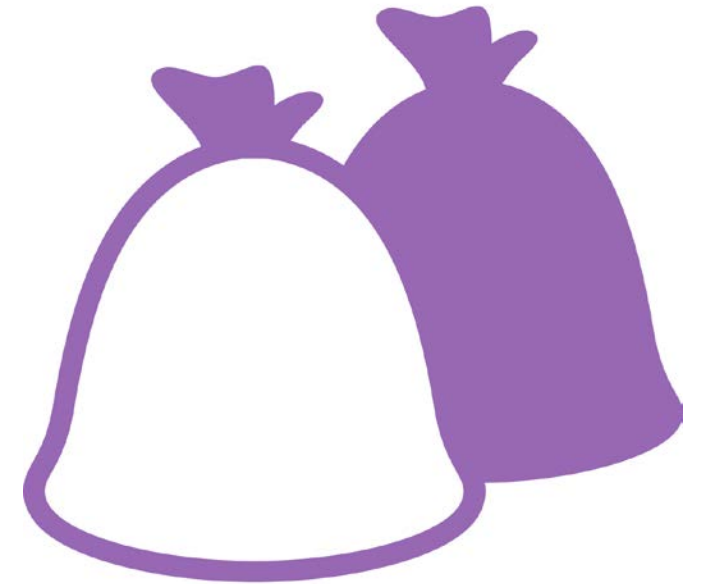
AVOID SNAP DECISIONS

Put off major decisions and avoid making any unnecessary life-altering decisions during stressful post-storm periods.

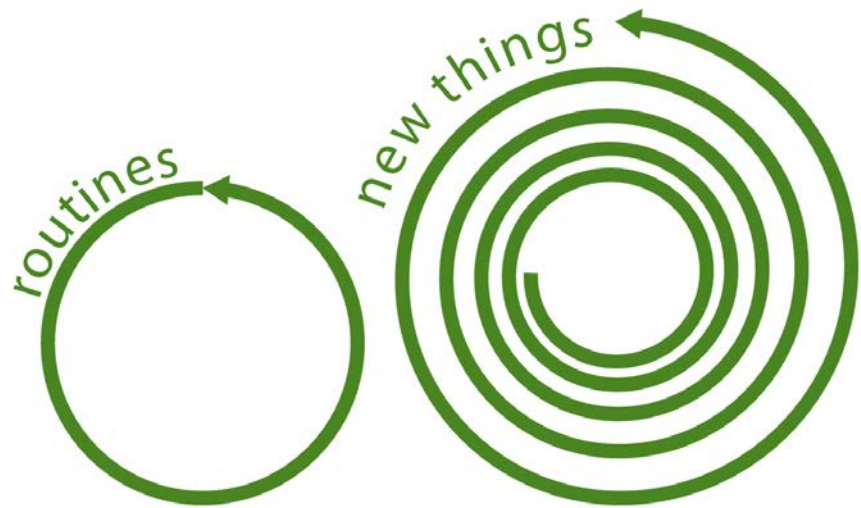
AFTER A STORM

TAKE CARE DURING CLEANUP

- Keep electricity turned off
- Prevent children from playing in flooded areas
- Discard anything soaked by floodwaters



AFTER A STORM



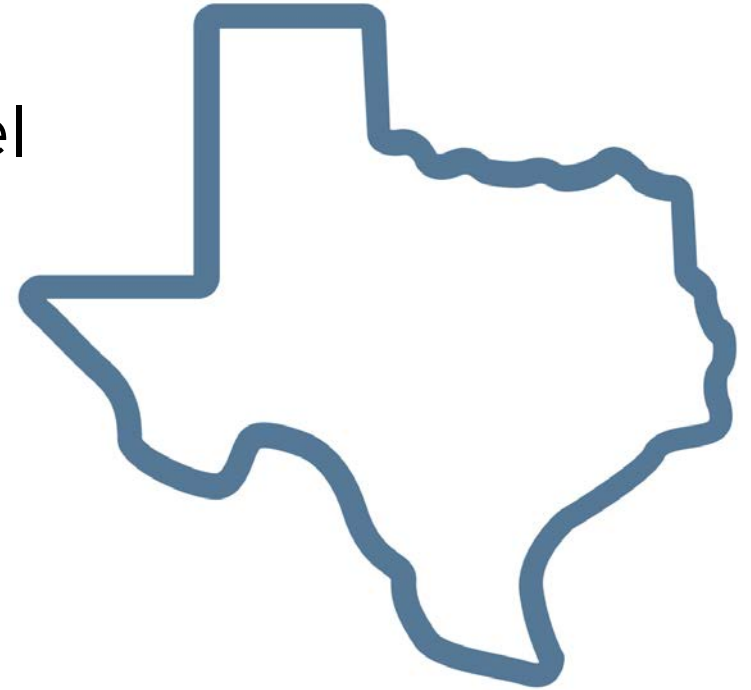
KEEP ROUTINES

Routines provide a sense of security. Try to keep regular routines or create new patterns to give children structure

AFTER A STORM

MAINTAIN THE TEXAN SPIRIT

Children may cope better when they feel they are helping. Find opportunities in which they can contribute in the aftermath of the hurricane.



AFTER A STORM



LOOK OUT FOR SIGNS OF TRAUMA

Watch out for increased feelings of:

- Insecurity
- Anxiety/fear
- Anger
- Sadness/despair
- Hyperactivity
- Disturbances in sleep or appetite
- Stomachaches
- Headaches
- Problems in school

AFTER A STORM

SEEK OUTSIDE HELP

Everyone reacts to trauma differently and some may take longer to heal from traumatic events than others. Consult with mental health professionals if your child is still struggling long after the storm.

