



Here are some helpful tips to make them feel safe after a hurricane:

- **Limit TV Time:** Intense media coverage of disasters can frighten young children and disturb teenagers as well.
- **Keep To A Routine:** Help your children feel as if they still have a sense of structure, which can make them feel more at ease or provide a sense of familiarity. When schools and child care open again, help them to return to normal activities including going back to class, sports and play groups.
- **Make Time for Them:** Help kids to understand that they are safe and secure by talking, playing and doing other family activities with them. To help younger children feel safe and calm, read a favorite book or have a relaxing family game or activity.

Flood Water Safety

- Constantly watch your children to prevent playing in or around floodwaters. It doesn't take long and it doesn't take much water for children to drown. In many cases, children who drowned had been out of sight less than five minutes and were in the care of one or both parents at the time.
- Know where the ground is exposed and keep children from playing around drainage ditches, ways or storm drains as they can fall in, get stuck, or cause a drowning hazard.
- Be aware of what's in the water as children playing in contaminated standing water can become sick or be bitten by snakes, rodents and other wildlife.
- Watch for live wires or power sources as electricity from streetlights and downed power lines may be active. Children who come into contact with these power sources, whether through standing water or direct contact can be shocked.

Power Outage Safety

- Lock the door. Many people filled their bathtubs and buckets with water to use for drinking or washing. Keep everything in one bathroom and lock it off from toddlers who might climb in. This can pose a drowning hazard.
- Be mindful if using candles. Batteries may start to run out and people may resort to using candles. Make sure to watch small children around them and don't forget to blow them out.
- Turn off vehicles. In order to recharge cell phones and other electronics, people may run their cars in order to use car chargers. Be sure children don't climb in the car and shift it into gear.
- Leave it out in the open. If you have a gas/propane powered generator never run it in the basement or closed garage.

Fun for Children

- Board games: Pick games that don't end too quickly. Candy Land, Chutes and Ladders, and Monopoly are great games to play at any age. Even cards games such as Go Fish, War or Concentration can bring hours of fun.
- Musical Chairs: If you have power and three or more children you can play a game of musical chairs. Bean bags, folded blankets or pillows can be used as chairs if space is limited.
- Simon Says: A game of Simon Says helps children work on their listening skills and can help relieve some of the energy that's bottled up inside.
- Exercise: Include activities kids may do in gym class, including jump rope, push-ups, jumping jacks and stretching exercises. This is great for expelling energy for those kids who are stuck indoors.
- Build a fort: Pile up those pillows and blankets, and let them build their fantasy fort freely. This could relieve their stress, and yours.
- Books, coloring books and crafts are great ways to pass the time. Paint souvenir rocks to hand out to friends or neighbors. Make friendship bracelets or tie-dye shirts.
- Go for tried-and-true kid-pleasers such as play dough, Lego bricks, fort-building, dress-up fun, hide-and-seek and scavenger hunts. Have a dance-off or try a drum circle using some of the many cans of non-perishable food items you bought before the storm.