



EMERGENCY  
MANAGEMENT



# Children in Emergencies

## Before an emergency:

- Teach your child how to recognize dangerous situations and how and when to call for help.
- Learn about disaster plans at your child's daycare or school and other places where your family spends time, such as your local recreation centre or arena.

## During an emergency:

- One of the most important things to remember is that the way adults handle the situation during an emergency will determine, to a great extent, how their children will react. Stay calm and reassure children by talking with them openly and honestly about the situation.
- Children respond well to familiarity. Practice your emergency evacuation plan twice a year. In the event of an emergency or evacuation, bring along a favourite toy or board game to provide comfort and entertainment.
- Limit media coverage of the event that children are exposed to as this can increase anxiety.



## After an emergency:

- Encourage children to talk about their feelings and questions surrounding the situation.
- Include children in the recovery after the event.