

5 Tips for Communicating with Children During an Emergency:

1. **Check in with yourself:** Pause and take a deep breath so that you can fully attend to your own and the children's needs.
2. **Attend:** Talk to them about what is going on around them - even if they don't understand the words. e.g. "That noise was loud and scared you, I am going to pick you up, hold you, and keep you safe."
3. **Assure:** Tell them that you are there to keep them safe.
4. **Be Honest:** Use simple, age-appropriate language. Let them know what happens next.
5. **Stay Self Aware:** Remember, children respond to volume, tone of voice, and emotions.



Emergency Numbers: _____

Family Members,
Diagnoses, and Allergies: _____

Emergency Contacts: _____

