

Tips for Supporting Children and Keeping Them Safe

Read these tips to help prepare for emergencies that require sheltering in place or evacuating and activities to do with children to keep them calm and engaged while waiting.

The best way to ensure you know how to react in an emergency is to practice!



Shelter-in-Place

In certain emergencies, it's best to stay where you are and avoid any uncertainty and/or create a barrier between yourself and potentially contaminated air outside. If you see large amounts of debris in the air, or if local authorities say the air is badly contaminated, you may also want to seal the windows, doors, and air vents.



While sheltering-in-place, try this **Vroom Tip™** while you wait.



Soothing Rhymes

Suggested Age:
0-12 Months

When your child seems fussy, try singing a rhyme or a song.

Do they calm down when your voice is quiet, or do they respond to big facial expressions and an enthusiastic voice?

Try different rhymes and songs to find their favorites.

Brainy Background™

When you respond to your child's movements and sounds, you build a trusting relationship that supports future learning.

You also teach them ways to deal with stress while building a love of language.



Evacuations

In an emergency when you are ordered to leave or you decide to evacuate, plan how you will assemble the children in your care, transport them, and anticipate where you will go. Make sure you have options in case of road closures or unsafe travel.

Find the Opposites

Suggested
Age:
4-5
Years

After safely evacuating, pass the time away with this **Vroom Tip™**.

When you're waiting somewhere, ask your child to play "Find the Opposites" with you.

You call out something big and they respond with the opposite, something small.

Start with easy comparisons, like big and small, high and low, or near and far.

Brainy Background™

When your child learns opposites and distances (near and far), they're learning ideas they'll use in math, science, and reading.

Remember, it's always important to play these games in a back and forth way because that is how your child learns best.

Powered by
vroom™



Visit ChildCarePrepare.org for emergency preparedness tips and visit GrowYoungBrains.org for brain-building resources for your classroom.