



Keep Children Occupied During a Hurricane or Other Emergency Situation

During a hurricane or other emergency situation where you cannot follow your normal routines, there are steps you can take to keep children occupied. The American Red Cross offers these following tips for you and your family:

- All family members need to be located in a safe place. Someone "riding out" a hurricane at home rather than everyone evacuating together can create concerns and anxiety about their own or others' personal safety. Focus on the positive when answering questions about what will happen to your home and belongings because of the storm while you are not there and give answers like, "It is most important for us to stay safe, so that's why we evacuated to a place away from the storm."
- Make a list of games and include this in your disaster supplies kit. Stock your disaster supplies kits with a few small games, puzzles and entertaining activities that don't need electricity. For example, include a deck of cards for games like memory, go fish, slap jack or spoons (remember to add a some extra plastic spoons to your kit); keep a couple of coloring books and some colored pencils in your kit; crossword puzzle books or paper and pencil for tic-tac-toe or word games are also good ideas. Play games like 20 questions, charades, I spy, and telephone. Stay focused with your children on the activities and use this as an opportunity to spend time together.
- Depending on the age of your child(ren), it is good to occasionally listen to the radio for important safety information and weather updates. It also provides a good opportunity to model safe behavior by following the instructions for evacuation or other directions given by local authorities. Be sure to take breaks from the news and stop listening with children if the news is creating more anxiety.

**For more information contact the American Red Cross Alabama Gulf Coast Chapter
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or
www.redcrossalcoast.org**