It is summer in Florida and tropical storms or hurricanes could be on the horizon. Over the past 19 years, Florida has been the site of several devastating hurricanes. According to Wikipedia, as of 2017, 79 tropical or subtropical cyclones have affected the state of Florida. Collectively, cyclones in Florida over that period resulted in over $123 billion in damage, most of it from Hurricane Irma. Additionally, tropical cyclones in Florida were responsible for 145 direct fatalities and at least 92 indirect ones during the period. Eight cyclones affected the state in both 2004 and 2005, which were the years with the most tropical cyclones in the state. Every year at least one tropical cyclone has affected the state.

The strongest hurricane to hit the state during this period was Michael, which made landfall in Florida as a Category 5 hurricane—the strongest since Andrew in 1992. Additionally, hurricanes Charley, Ivan, Jeanne, Dennis, Wilma and Irma made landfall on the state as major hurricanes.
Preparedness for Children and Families

- **Ready.gov for Kids!** — a resource from the Federal Emergency Management Agency (FEMA)
  - **Parent Toolkits** to help your family prepare for disasters, including checklists, coping with disasters, and a family plan.
- Preparedness tips, toolkits, and information for families, parents, and parents-to-be from the [Centers for Disease Control and Prevention (CDC)](https://www.cdc.gov)
  - Join **Ready Wrigley** as she and her family prepare for emergencies: a coloring and activity book!
    - Ready Wrigley for **Hurricane Preparedness**
    - Ready Wrigley for **Earthquake Preparedness**
- Sesame Workshop helps families prepare for disasters. Check out **Let’s Get Ready! Planning Together for Emergencies** with tips, activities, and other easy tools to help the whole family prepare for emergencies — together!
  - **Family Health and Contact Information**
  - **Planning Together for Emergencies Toolkit**
  - **Hurricane Kit for Parents and Caregivers**

- **Early Childhood Development in Emergencies** — guidance to help train and support parents and caregivers prepare for and respond to disasters from the United Nations Children's Fund (UNICEF).
- **Early Child Development Kit: A Treasure Box of Activities** to provide parents and caregivers age-appropriate activities.
Response for Children and Families

- **Early Childhood Trauma Resources**
  - NCTSN Simple Activities for Children and Adolescents.

- **Psychological First Aid** Kit from NCTSN: Psychological First Aid is an evidence-informed approach for assisting children, adolescents, adults, and families in the aftermath of disaster and terrorism.
  - Parent Tips for Helping Infants and Toddlers after Disasters (also available in Spanish, Chinese and Japanese).
  - Parent Tips for Helping Preschool-Age Children after Disasters (also available in Spanish, Chinese and Japanese).

- **Responding to Children’s Emotional Needs During Times of Crisis**: tips for parents and caregivers on communicating with children about terrorism and other disasters from the American Academy of Pediatrics (AAP).
  - Resources to Help Parents, Children and Others Cope in the Aftermath of School Shootings (Audio)

- **Early Childhood Development in Emergencies** — guidance from UNICEF to help train and support parents and caregivers prepare for and respond to disasters.

- **School Safety and Crisis Resources** from the National Association of School Psychologists.
  - Helping children after a natural disaster: information for parents and teachers
Recovery for Children and Families

- FEMA Helping Children Cope
- Disaster-Specific Pages - National Child Traumatic Stress Network (NCTSN)
  - What You Should Know about Emotional Impacts of Fire (Residential fires) and Wildfires
  - What you should Know about Epidemics (Pandemic Flu and SARS)
  - Hurricane Tools and Links
    - Parent Guidelines for Helping Children after Hurricanes (Spanish)
    - After the Hurricane: Helping Young Children Heal Tip Sheet
    - Trinka and Sam: The Rainy Windy Day (Spanish)
  - Earthquake Tools and Links
    - Parent Guidelines for Helping Children after an Earthquake (Creole)
    - After the Earthquake: Helping Young Children Heal Tip Sheet (Japanese)
    - Sam and Trinka: The Day the Earth Shook
  - Floods Tools and Links
    - After a Crisis: Helping Young Children Heal
    - Parent Tips for Helping Preschool-Age Children
  - Tornadoes Tools and Links
    - Parent Guidelines for Helping Children after a Tornado
    - After the Tornado: Helping Young Children HealTip Sheet (Spanish)
    - Tornado Recovery for Kids
  - Tsunamis Tools and Links
    - After the Tsunami: Helping Young Children Heal Tip Sheet (Japanese)
    - Talking with Children about Tsunamis
- NCTSN Symptoms and Behaviors Associated with Exposure to Trauma
- Unaccompanied Minors Registry (UMR), administered by the National Center for Missing and Exploited Children (NCMEC), supports the ability to collect, store, report, and act on information related to children missing or lost as a result of a disaster.
Additional Resources for Families

Preparing for Disasters at School - Tips for Parents:

[Image]

http://www.getreadyforflu.org/schoolpreparedness.htm

Know the emergency preparedness plans at your children’s schools, get involved in the planning process and talk with your children about the importance of making a plan in advance for emergencies.

Build A Kit: https://www.ready.gov/build-a-kit Make sure your emergency kit is stocked with the items on the checklist below. Most of the items are inexpensive and easy to find, and any one of them could save your life. Headed to the store? Download a printable version to take with you. Once you take a look at the basic items, consider what unique needs your family might have, such as supplies for pets, or seniors.

After an emergency, you may need to survive on your own for several days. Being prepared means having your own food, water and other supplies to last for at least 72 hours. A disaster supplies kit is a collection of basic items your household may need in the event of an emergency.

FloridaDisaster.org, Division of Emergency Management: While living in and visiting Florida offers many benefits and advantages, it is important to keep in mind severe weather hazards and potential threats. Every family and business should have predefined emergency plans and always keep an emergency supply kit ready and stocked.

Each Florida county has a designated emergency management program, and residents, businesses, and visitors should also visit their county's emergency management for the most up-to-date and locally significant information.

U.S. Department of Education Hurricane Help Resources: Connects families to resources for preparing for and responding to a disaster, finding financial assistance after a disaster, and getting help for survivors.
Supporting Young Children Experiencing Separation and Trauma

Young children and their families can be affected by trauma, with significant implications for well-being well into the future. While young children can be very expressive, they often do not have the skills or ability to use words to express how they are feeling. Adults may notice a variety of unexpected, atypical behaviors, and may need help understanding and nurturing infants and toddlers who have been affected by trauma. Fortunately, there are infant and early childhood mental health (IECMH) clinicians across the country who have experience working with this population and are trained to provide developmentally appropriate, two-generation, trauma-informed services.

**When We Are Scared** – a webinar for adults
(Also available in Spanish.)
In this webinar, the animals from the book “Once I Was Very, Very Scared” share their story and help others learn about stress and trauma. This webinar shares common reactions to stress and how to support healing and recovery.

**Sesame Street’s**
**Support after an Emergency Toolkit**
As a provider, you are important in keeping families connected and helping them discover their own strength after a disaster. Sesame Street appreciates your work with families and has created this Community Guide with simple and easy resources to help you help others recover from an emergency.
After a Crisis: Helping Young Children Heal – a tip sheet for parents from the National Child Traumatic Stress Network

Young children know when bad things happen, and they remember what they have experienced. After a scary event, we often see changes in their behavior. This tip sheet offers tips for parents to help young children heal after a traumatic event.
**4 things providers can do with these resources:**

1. Examine the school’s, child care center’s or family child care home’s policies and preparation plans for natural disasters. Make sure that families are informed about the policies and procedures concerning closing for natural disasters and re-opening notifications.

2. Educate teachers and staff on the effects of trauma on children and their families. Use the Zero to Three resources to guide interactions with the children in their classrooms. Examine the school, child care center or family child care home environment to determine if it supports or hinders children’s reactions to trauma.

3. Use the **When We Are Scared** webinar in a staff and/or parent meeting or provide a link on their website to emphasize the importance of understanding the effects of trauma on young children.

4. Provide professional development to teachers and staff on ways to reach out to families and how to support the social and emotional development of children affected by the trauma of a natural disaster. Encourage staff to reach out to families and offer information on resources in the community or connect families to the CCR&R staff at the local early learning coalition to find resources to meet the needs of their families.

**4 things families can do with these resources:**

1. Use information from the NCTSN flyer, *After a Crisis: how Young Children Heal*, to find ways to support their children’s social and emotional development when their families have experienced trauma.

2. Contact the CCR&R program at the local early learning coalition to find resources in the community to help them meet the needs of their families after a disaster.

3. Use the resources to make a plan for their families, prepare disaster kits and survival kits and talk with their children about upcoming storms, hurricanes and other natural disasters.

4. Talk with their child care providers about the providers’ plans or policies for preparing for natural disasters and necessary paperwork or contacts for informing parents of canceled classes or letting parents know when the center or family child care home may reopen after a natural disaster.
SOMEBODY NEEDS ME

EVEN ON YOUR WORST DAY ON THE JOB, YOU MAY BE SOME CHILD’S BEST HOPE.

Larry Bell
Educational Consultant