

HOW TO PREPARE YOUR CHILD FOR A NATURAL DISASTER



TURN OFF THE TV

- News coverage can create confusion and anxiety in children. The Florida Center recommends controlling media access before and after the storm as a way to manage images that might be scary or confusing to them.



COMMUNICATE WITH YOUR KIDS

- Children are naturally inquisitive and it's important to be honest with them about what's going on. When answering questions, it's best to keep it to a "less is more" philosophy and speak in a calming voice.



LET THEM HELP

- Talk to your children about preparedness and take a proactive approach by giving them chores like checking flashlights or asking them to pick up their toys in the yard.

ALLOW THEM TO EXPRESS THEMSELVES

- It's normal for children to be frightened in an emergency. Reassure them by saying, "We have a plan, we are prepared and we are going to be OK."



DON'T LOSE CONTROL

- The worst thing you can do is lose control yourself. Fear is contagious and your child's biggest emotional influence is YOU! Stay calm and reassuring during and after the disaster.

DONATE TO THOSE IMPACTED BY THE STORM

- Even if you personally are not impacted by the storm, donating items to those who were is a good way to teach your children empathy. The Florida Center is collecting supplies for hurricane relief at both its locations in Sarasota and North Port.





FAMILY VOLUNTEER OPPORTUNITY! **DONATE SUPPLIES FOR DORIAN RELIEF**

THE FLORIDA CENTER IS ACCEPTING THE FOLLOWING DONATIONS AT BOTH ITS LOCATIONS:

- Prepackaged, individually-wrapped food items like granola bars, crackers and trail mix
- Sanitary items like face wipes, toilet paper, diapers, toothpaste, shampoo and soap
- Survival items like generators, flashlights, shovels and tarps
- Please visit www.thefloridacenter.org for a complete list of accepted items

Please bring items to either of these locations:

- 4610 17th St., Sarasota, 34235
- 6929 Outreach Way, North Port, 34287
- Call 941-371-8820 x 1000 for more information

