

11. KID STUFF

Planning for children

WHY ACT?

Children are a part of your household and need to be part of your planning process. Let them know what your plans are and how they are included. Because of their amazing adaptability, children often handle upsets in daily routines better than adults. The key is to set the stage in advance by taking their needs into consideration. And when children are given a chance to actually help out, it works wonders for their self-esteem.

PREPAREDNESS ACTION

- Step 1: Plan for the play and diversion needs of the children you're responsible for. Age-appropriate, non-electric games can be great investments. Many games require little or no money—cards, guessing games, hide-n-seek, tag, etc.
- Step 2: Have a good supply of age-appropriate reading material, and educational material for school age children.
- Step 3: Coordinate with neighbors and teammates to share games and books.
- Step 4: Work with neighbors and teammates to plan home-grown entertainment with musical instruments, sharing personal adventure stories, etc.

NOTE: The Red Cross booklet *Facing Fear* was developed to address a demand by educators and caregivers for materials to help children cope in uncertain times. *Facing Fear* in printed form is available from the American Red Cross in Greater New York. You can contact the chapter by calling 1-877 REDCROSS for more information or visit them online at www.nyredcross.org.

MATERIALS

Non-electric games, books and an active imagination.

TIME

A few hours for planning and purchasing appropriate supplies.

RESILIENCY GAIN

The ability to experience the joy of yesterday's communities and enjoy some off-the-grid playtime with your kids.