Be Ready Pediatric

**Before a Disaster**
- Create a Go-Kit & explain item purpose.
- Know your child's school emergency & communication plan.
- Talk about possible disasters for your area & warning signs to for those emergencies.

**After a Disaster**
- Limit TV Time
- Listen and provide reassurance
- Be alert for significant changes in behavior
- Monitor your stress levels
- Involve children in volunteer work

**Did you know?**
Studies show that children who are prepared are less likely to experience anxiety during a disaster.

Empower your children by preparing together!

September is National Preparedness Month. Follow #NPM all month long to share & learn preparedness tips!

#NPM

For more information visit: santacruzhealth.org/72hourready

Click for an Emergency List for Parents