Safety Tips for Infants and Chidren

In addition to the basic emergency kit essentials, families need to put kid-friendly supplies and plans on the list.

- **Comfort items:** Stuffed animal, doll, pacifier or blanket.
- **Personal hygiene:** Baby wipes, feminine products, diapers, nursing pads.
- **Children's activities:** Books, puzzles, games.
- **Infant nutrition:** Nursing supplies, formula, pre-packaged baby food.
- **Medical needs:** Infant/child fever reducer, rash ointment.
- **Contact school or day care:** Ensure they know what your child is supposed to do in case of an emergency.

You've done a great job getting your family to a safe place and are set with the necessities. However, children can still be frightened or confused. Here are some tips to help them feel safe again:

- **Limit TV time:** Intense media coverage of disasters can frighten young children and disturb teenagers as well.
- **Listen:** Find out your child's concerns about the situation.
- **Comfort:** Let them know their safety is your top priority.
- **Be aware:** Changes in sleeping, eating and other behaviors can indicate distress. Seek professional support and counseling if they persist.
- **Make time:** Help kids understand they're safe and secure by talking, playing and continuing other family activities.
- **Keep calm and carry on:** Your child will learn how to deal with these events from you.
- **Care:** Make a point of showing sensitivity toward other families impacted by the disaster.
- **Routine:** Help your children return to normal activities including school, sports and play groups.
- **Volunteer:** Helping others can give your child a sense of control, security and empathy.

Stay ahead of the storm. For critical safety and weather information, download the free app from The Weather Channel today!

Sources: Save The Children

©2014 The Weather Channel Inc.