



USEP-OHIO PARENT TIP: Be Confident - Prepare!

This brief Parent Tip is provided at no cost by United Services for Effective Parenting-Ohio, Inc. as a tool to assist parents, teachers, grandparents and all who help to care for and to raise our children. For more information on this and other tools from USEP-OHIO refer to the conclusion of this Parent Tip.

After we experienced living through a tornado, our kids went to the basement every time we had dark skies, blowing rain, or a weather report that included a storm in the forecast. It was great to know that they knew how to protect themselves, but we grew concerned that they would never come out of the basement to play!

We learned from this experience. Kids thrive when they feel they have some control. Our children became more self-assured as they learned about weather and preparedness at school, and researched the best ways to protect themselves in a severe storm. Since the whole community was affected, their school created a school-wide project to help families prepare, and developed a plan for school and the neighborhood. Since any area is likely to have flooding, a storm, tornado, electrical outage and blackout, extreme cold or hot temperatures, or even a wild fire, consider creating a preparedness plan for your family. Let your kids help. You will see them grow in self-sufficiency. Preparedness planning at home or school is a great way to increase skills for life.

Resources to help create family/school preparedness: The Red Cross has tools you can use to help you create a kit to last three days; make a plan; and be informed.

Go to http://www.redcross.org/services/prepare/0,1082,0_239_00.html for preparedness materials like what to include in a kit. Choose from sections titled Prepare at Home, Prepare at School, Prepare at Work, Prepare in Your Community, Prepare for all Disaster Types. Click on Preparedness: A Family Guide Brochure sponsored by Clorox. It is available to show your family, or use as a slide presentation at a parent or community meeting. View Family Safety Planning a guide sponsored by Target, which includes a checklist, activities and tips for parents and kids like a crossword puzzle and an escape plan illustration; or Be Red Cross Ready online educational presentation.

Go to <http://www.whatsyourrq.org/form.php> or click the link on the Red Cross site to test your "RQ-ready quotient" to see if you're prepared. Print a Red Cross Emergency Contact Card at <http://www.redcross.org/prepare/ECcard.pdf>.

The Red Cross site also includes a detailed guide about how to be prepared financially, how to protect your property, creating an evacuation box and more. See the Tip of the Day on each page of the website, with safety suggestions like What to do when the lights go out, and links to other sites and tools. Parents, teachers, and day care professionals should help one another by sharing emergency plans to keep at home and work. This is a great unit of study for kids. Becoming more prepared can be educational and fun!