Preparing for dangerous weather - Do your kids feel safe?

You know how to keep our kids physically safe, but how do you prepare them emotionally for dangerous weather?

1. Talking to your kids about dangerous weather is helpful, but make sure it’s not the only thing you talk about with them.
2. If your kids ask you questions, stick to the facts without too much detail.
3. Kids look to adults for how to behave, so make sure you stay calm yourself.
4. Go over your family’s dangerous weather plan with your kids so they know how to stay safe. Please visit www.emergency.qld.gov.au/emq for more information.
5. Limit your child’s contact with media stories about dangerous weather—adults need to stay informed, but kids don’t need to see hours of scary images.
6. When dangerous weather approaches, stay close to your kids and know where they are.
7. Talk to your local GP or call 13 HEALTH (13 43 25 84) if you’re worried about your kids or need support.

Prepared by Queensland Health and University of Queensland