

Family Preparedness Resources

- C.E.R.T. Training (Community Emergency Response Team) www.training.fema.gov/EMIWeb/IS/is317.asp. The C.E.R.T training course is a community curriculum aimed at better preparing community members to respond to disasters or terrorist events.
- American Red Cross at www.redcross.org has many resources, including [Be safe throughout the season - A year-round family safety guide](#).
- National Center for Children Exposed to Violence at www.ncccev.org provides a guide for parents as they talk with their children about war and violence.
- National Center for PTSD at www.ncptsd.va.gov/ncmain/index.jsp reviews how children respond to trauma based on their development level, how parents can help their children and when to seek professional assistance.
- National Child Traumatic Stress Network at www.nctsn.org provides access to a checklist and wallet cards to help family preparedness in the event of a disaster. A Family Preparedness Plan (PDF and Word versions) helps ensure that families are “on the same page” when it comes to planning whom to call. The Family Preparedness Wallet Card (PDF) includes important telephone numbers and websites for emergency information.
- Resources for Parents at www.fema.gov/kids/terrorism.htm reviews ways to effectively talk with children about the threats of biological warfare or terrorism attack.
- FEMA for Kids at <http://www.fema.gov/kids/> is specifically designed for children and is an excellent site for helping children learn about and cope with disaster/crisis.