

Alexandria School
May 22, 2013

Prepare for the Worst; Hope for the Best

The Importance of Emergency Plans

This week we find ourselves sending prayers and thoughts to all those affected by the massive tornado that passed through Moore, Oklahoma as more stories emerge about the storm, the survivors, and the heroes who stood in harm's way to protect those around them. While the disbelief of such a destructive force sweeps over us, we can't help but wonder "could that happen to me?"

This most recent natural disaster is a sharp reminder that no matter what your circumstance, it is prudent to have an emergency plan that has been practiced and discussed. Fires, tornados, floods, power outages – no one is immune to these potential threats.

As a parent, have you thought through what to do and where to go in the event of a tornado? If you're a nanny, have you discussed emergency contingencies with your employers in case of a natural disaster? As we see more and more, many times cell phone service is unreliable or unavailable, so having a plan not based on communicating by phone will be helpful.

Whether it is designating a safe place in the home with its own emergency first aid kit in case of a tornado, practicing fire drills with a toddler, or discussing a back-up meeting area if you were unable to return home due to a flood or power outage, having a rough idea of how to handle various emergencies will only help in the unlikely event that you encounter one.

Being prepared for the worst, while hoping for the best, can't hurt. Not sure where to start? Check out FEMA's sister site www.ready.gov/make-a-plan for tips and sample emergency plans. You can also go to Child Care Aware to access their "Crisis and Disaster Resources" www.childcareaware.org.