



Getting kids ready without scaring them.

How a household practices for the shaking and the dark so children feel capable, not afraid.

1 Say the true, small version



- Sometimes the ground shakes or the lights go out; we have a plan
- No footage, no worst cases, no adult worry out loud
- Answer the question they asked, then stop

2 Give each kid a job



- Flashlight captain, pet wrangler, door checker
- A job stops the freeze and gives them a win
- Rotate jobs so everyone knows every one

3 The safe spot, practiced



- Under the table or against an inside wall, in every room
- Drop, cover, hold on, said and done together
- Thirty seconds, once a month, like a game

4 A family code word



- One word that means we go now, no questions
- Another for the adult allowed to pick them up
- Kids love a secret word; it makes it theirs

5 Shoes and a light by every bed



- Their own flashlight, their own shoes, their own spot
- The nightly habit is the drill
- Glow sticks for the little ones who hate the dark

6 The camping night



- Pick an evening, turn off the main breaker
- Lanterns, cold dinner, cards, sleeping bags in one room
- The night without power becomes a memory, not a fear

7 The meeting spots, walked



- The tree out front, then the place outside the neighborhood
- Walk to both; kids remember places they have been
- Say who waits where

8 The out-of-area number, memorized



- One grandparent or aunt in another city
- Practice dialing it from a friend's phone
- On a card in the backpack for the kids too young to remember

9 A comfort kit for school



- A note from you, a family photo, a small snack
- The school stores it; ask the office
- A kid who has your handwriting waits calmer

10 Let them pack their own bag



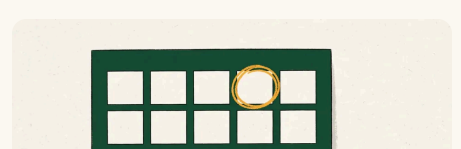
- A sweatshirt, a book, a stuffed animal, a water bottle
- Their choices, your check
- It lives next to the family kit

11 Afterward: routine first



- Same bedtime, same meals, even by lantern
- Let them talk; do not push them to
- Extra clinginess for a week is normal; longer, ask the doctor

12 Practice twice a year, not once



- When the clocks change, with the kit check
- The Great ShakeOut drill in October
- Short, cheerful, done

A job, a word, a spot and a game. Kids who know what to do are the calm ones.

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