

# 7 TIPS TO HELP FAMILIES WITH SPECIAL NEEDS KIDS PREPARE FOR A STORM

## A

### 1. ASSEMBLE A COMFORT KIT

🧸 Pack fidgets, headphones, snacks, drinks, comfort items, and a favorite photo.

## C

### 2. CREATE A PLAN

📋 Practice your storm routine! Walk through evacuation steps using pictures or stories.

## T

### 3. TALK WITH YOUR CHILD

🗣️ Use simple words, cue cards, or visuals to explain what's happening.

## S

### 4. STICK TO ROUTINES

🕒 Keep meals, sleep, and screen time consistent to reduce anxiety.

## A

### 5. ANCHOR WITH CALM

👩‍👧 Your calm voice, hugs, and gentle reassurance go a long way.

## F

### 6. FIND A SAFE SPACE

🛋️ Set up a "Calm Corner" with pillows, favorite toys, and snacks — anywhere you go.

## E

### 7. ENCOURAGE & EMPOWER

🏆 Celebrate small wins. Praise your child's bravery during and after the storm.



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*We create safe spaces for community connection, offer social-emotional programs, advocate for inclusion, and celebrate the resilience of every Overcomer.*

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