

For parents of young children &
children with special needs

Essential Things to Do to Prepare for an Emergency

Covid Care 2021

Appoint a guardian for your child

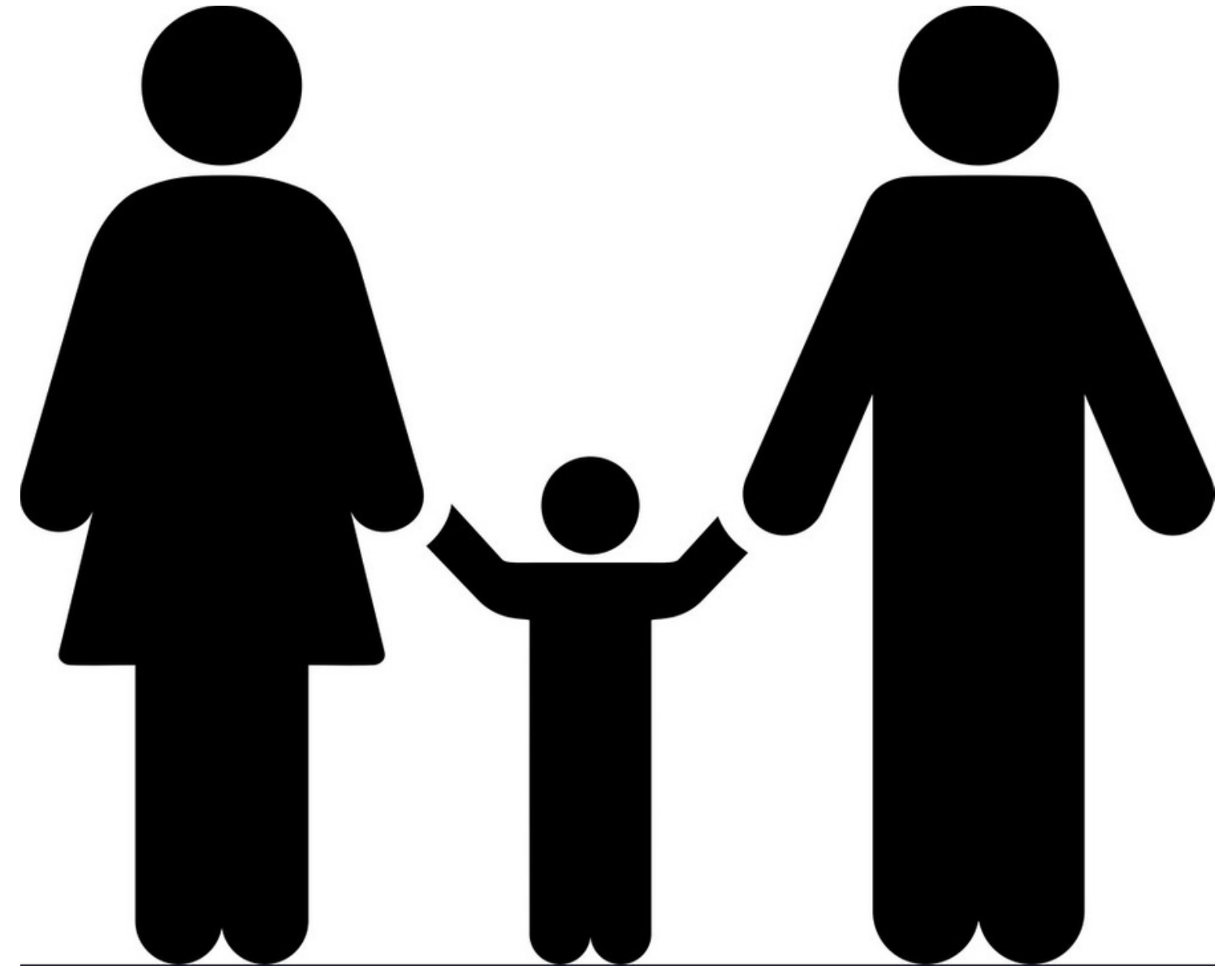
Don't wait (we're in the throes of a pandemic)

Choose well (your child's comfort, guardian's physical ability & emotional ability, location)

Ask permission before you appoint someone (they should be willing and fully prepared)

Write it down - create a legal document even (and circulate with your family, neighbour, school your child goes to, so there's no panic, if something unforeseen occurs)

Prepare your child (find ways /social stories to explain why he/she may need to stay with the guardian, have virtual video conversations on Zoom with the guardians, virtual meals, virtual activities)



A HANDBOOK

Create a document about your child

The person or family you choose as guardian could do with all the help they can get while you are ill or in hospital, so note down everything you think they should know about him/her



01

Medication, special diet

—

Daily prescriptions

Allergies

Special diets followed -
for example, lactose free
/ casein free diets, etc

02

Food Likes

—

Note down your child's
preferred foods, maybe
add the recipes, foods
that raise her/his spirits

03

Food Dislikes

—

What to avoid, foods
with certain textures or
consistencies, whether
change from routine
upsets your child

04

Daily Schedule

—

Full details of preferred
daily routine for
weekdays and weekends

05

What creates anxiety

—

Activities, experiences,
changes that may bring
on anxiety

06

Calming activities

—

What you believe are the
best ways to calm the
child down, maybe
different for different
circumstances

07

Favourite music/shows /books

—

List them down and also
where to find them

08

Fears

—

List his/her fears out and
how to help you child
deal with your absence -
discuss this with your
child's teacher for tips

09

Clothing

—

Favourite clothes for day
wear and night wear,
preferred underwear and
slippers/shoes

10

Medical issues

Name and phone number of your child's doctor

Medical history, drug reactions, banned medicines, other health related past experiences

Dealing with menstruation for your daughter

How to anticipate the first day of the cycle, what to look out for in terms of mood change, what to expect in changed behaviour

Other health and body related information

Any other behaviours that maybe expected

11

Communication

In case your child is non-verbal or has a speech challenge

Ensure a communication book or device is packed so that your child feels understood when he/she communicates

Special words

You may have special words/names for certain things or places or people...note those down, so your child feels understood

Prepare communication cards that you child learns to use to communicate urgent feelings or needs

Ensure your child feels understood when he/she communicates



Confidence comes from
being prepared

JOHN WOODEN