



Childcare Essentials

Children - especially babies and toddlers - require special consideration when preparing for an emergency. This list builds upon the general emergency preparedness lists by including suggestions for the comfort, care, and safety of children while keeping budget, simplicity, and storage considerations in mind.

Sanitation

- Diapers and Wipes with Disposal Bags
 - Pack several sizes ahead if you can or remember to swap when your baby sizes up.
 - Include a changing pad or small towel if you have space.
- Pull Ups/Overnight Diapers for Older Kids (Often Overlooked)
- Diaper Cream
 - Diaper changes and bathing might be less frequent.
- Toilet Kit
 - Little children will struggle to use alternatives to a proper restroom.
 - All kits will require bags, TP, and/or wipes and hand sanitizer. Some options, in order of cost, include:
 - Keep your potty-training toilet
 - 5-gallon bucket with a pool noodle topper (cut a slit along the length of the pool noodle and set it on the rim of the bucket for padding after cutting it to fit)
 - Commercially available emergency toilet bucket topper or full toilet.
 - Consider a pop-up tent or hanging tarp for privacy.

Health and Safety

- Masks that Fit Well
- Children's Over the Counter Medications
 - Pain/fever reducers, allergy medications... Ask your pediatrician.
 - Don't forget medication droppers/measuring cups for dosing.
- Sunscreen, Hat, and Bug Repellent
 - Protect delicate skin as you might be spending long periods of time outdoors.
- Multivitamins
 - Boost health and immunity in times of stress and a potentially an unusual diet.
- Sidewalk Chalk as a Tool
 - Useful for defining areas for little ones, especially when caring for a group of children. Draw a line to stand on, a circle to sit within, or a line not to cross for safety.
- Emergency Whistles



A . D . A . P . T .

Atherton Disaster and
Preparedness Team

General Care

- Safe Sleeping Surface (please do your own research)
 - If budget and space allow, consider adding a travel bassinet or pack n play sleeper.
 - Firm foam sleeping pads and some firm self-inflating sleeping pads can be safe. Blow-up mattresses are not safe for infants.
 - Strollers with a bassinet or a full recline can be options.
 - Reminder that your car seat is not a safe sleeping place for an infant.
- Blankets, Swaddles, and Sleep Sacks
 - Be cautious of the plastic emergency blankets that come in most emergency kits for babies, as they can pose a suffocation risk.
- Transportation
 - Wearing your baby or toddler is a good option when the ground may be covered in obstacles. Baby carriers are easy to store and can often be found second hand.
 - Other options to consider, depending on space and budget, include jogging strollers or all-terrain folding wagons.
- Clothing
 - Try to include pieces for layering. Hats, shoes, socks, underwear, long and short sleeves, and jackets. Ponchos in case of rain (they make kid size). A plastic trash bag with precut arm and head holes is a budget friendly option.
 - If working with limited space, prioritize long pants/sleeves; both can be easily shortened.
 - This is a great use for “play quality” hand me downs.
 - If space allows, pack several sizes ahead.

Food and Water

- Formula with Water and Bottles
 - Important to include even for nursing babies as mom and baby can become separated.
 - Look for free samples, often full cans, when you sign up with formula company promotions.
- Baby and Toddler Food
 - Besides being unappealing, some of the emergency food options, like ration bars, are choking hazards.
 - Choose foods that your child can safely eat that are higher in calories such as canned ravioli, shelf stable toddler meals (such as Gerber), children’s meal replacement drinks (such as Pediasure) and snack foods. Shelf stable individual milks are a good option.
 - If allergies are not a concern, consider adding a tub of peanut butter for budget friendly calories.
 - Disposable bibs and placemats or plastic wipeable ones are helpful.
- Water
 - For little ones, add sippy/straw cups to avoid spilling water and to encourage hydration. First Years brand Take and Toss are a budget friendly option.
 - Drink mixes such as fruit drink powder (Tang, Koolaid) or hot chocolate packets can be helpful to mask the unpleasant aftertaste of some water purification methods.



A . D . A . P . T .

Atherton Disaster and
Preparedness Team

Comfort Items

- Pacifiers
- Stuffed Animal or Spare Lovey
- Small Toys and Activities
 - Card games, activity/coloring pads and colored pencils (crayons might melt), tiny toys, books...
- Flashlight, Headlamp, or Lantern
 - Dark can be frightening.

Other Considerations

- Emergency Alerts
 - Be sure that all family members with phones and any caregivers are signed up for county emergency alerts and Zonehaven.
- Have Regular Developmentally Appropriate Emergency Drills, and Supply Checks
 - Kids feel proud and safer when they are included.
 - These should not be scary.
- Identification and Family Contact Information
 - There are lots of free printable templates to use as a starting place.
 - Include a copy in your diaper bag, older children's backpack, and your vehicle in addition to your emergency supplies.
 - Include a family photo for comfort and for reunification if you become separated.

About A.D.A.P.T.

Our Mission

Atherton Disaster and Preparedness Team's mission, in partnership with the Atherton Police Department, is to train and organize Atherton residents to be resilient, responsive, capable and recovery-able in the event of a town-wide emergency or disaster event.

How to Participate

Preparedness is a community-wide effort and we're here to help. Subscribe to our email newsletter, join our monthly meetings, attend a neighborhood training, or participate in any way that works for you! For more information, please see www.getreadyatherton.org.

*Notes from A.D.A.P.T. Community Meeting, November 6, 2021
Presented by Erika Bailey*