



ReadyRosie



FOR IMMEDIATE RELEASE

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Local Collaborative Prepares Kids for Natural Disasters Before Trauma Strikes

HOUSTON, TX, (9.18.19)- Childhood trauma is associated with lifelong problems in behavioral and general health. If unresolved this can manifest in anxiety disorders, panic attacks, intrusive memories, obsessive-compulsive behaviors, PTSD, addictions, self-injury, and a variety of physical symptoms. Local families aim to prevent the harmful effects of trauma on children with proactive procedures. Chris Hensman, of RebuildTX is a HISD parent who used the ReadyRosie app and knew the impact of this model to support families with home learning experiences. He had the idea that it could also be a powerful way to assist families with trauma support.

Preparing children for a hurricane in a calm, low-key manner can help them understand how their routine may change for a few days. Even young children can feel empowered by helping gather supplies for the family and their own personal comfort.

The newly released [Coping Toolkit for Families](#), helps parents discuss disasters with children:

- 1. Before a hurricane approaches, ask kids if they know what it is and explain it calmly.**
 - “A hurricane is a big storm that comes from the ocean, and it can make loud noises outside. There’s a lot of wind and sometimes things can move around or the lights and power could turn off. But we’re all going to be safe at our house.”
- 2. Address their fears, suggest hurricane activities, and answer any remaining questions.**
 - “It might be coming in the next few hours, do you have any questions for me?”
- 3. Work together to come up with an action plan and a list of supplies needed.**
 - “We might need some flashlights. Are there other things that you think we might need to prepare for the hurricane? Would you like your stuffed animal/blanket?”

If you are interested in interviews and more information about this free program, I’d be happy to connect you with Emily Roden, Founder of ReadyRosie.

About ReadyRosie

[ReadyRosie](#) and the Center for School Behavioral Health at [Mental Health America of Greater Houston](#) collaborated to provide this free resource for families and schools. Funding was made possible by the [RebuildTX](#) Fund for communities impacted by Hurricane Harvey as well as other communities who have been or could be impacted by natural disasters.