

Prepping With Kids Checklist

1) Make It Fun

Prepping for the SHTF is a serious thing. However, you do not want to scare your children and cause them additional stress. You will need to consider their frame of mind as you expect them to execute your plan.

One way to make it fun is to give each person in your family a funny code name. This way, when the scary stuff starts to happen you can call your daughter Furry Toes to relax her a little.

- ✓ *Create a list of funny code names for your family. Tell your family those names for use when the SHTF.*

2) Practice Your Plan

Kids do not like to be surprised with anything. If you practice your SHTF plan with them so they are used to it, you will be sure their reaction is faster and without incident. Do a dry run with them and don't forget #1.

Remember, minutes count when readying yourself for bugging out. Even if you decide to bug in, you will need to have seamlessly functioning plan within the house.

- ✓ *Schedule a dry run of the plan with the family once per month.*

3) Help them understand this new world

This new world will be a shock to your kids. Help them understand what has happened and what it means to your family.

Kids are more resilient than you think but helping them process what they are seeing will help assure they are able to function during the crisis.

- ✓ *Schedule time with each child separately to explain what could happen and how they will need to react. Answer their questions.*

4) Alter Eating habits

Children are not the most flexible when it comes to eating food. When there are less choices and less ways to cook them, it be a huge adjustment for them.

Better to get them used to going with the flow of meals now, so they are prepared later.

As our parents always said, "That is what's for dinner tonight. You don't like it, you don't eat".

- ✓ *Begin introducing less choices to the meals and do not alter the meal for the child.*

5) Gotta Have Your Vitamins

It will be challenging to get all the nutrients and vitamins you need when food choices are limited. Better to stock up now on vitamins and risk the expiration date as they will be tough to come by later.

In fact, expired vitamins are not dangerous for you to take.

They could become a little less effective, but that is not a major concern when you are trying to keep your body functioning well.

- ✓ *Purchase 10 jars of multivitamins (gummies are good) to store initially. Then add 2-3 jars per month rotating them.*

6) Don't Forget School

Children also need the routine in their lives and schooling was a big part of it before the SHTF. Make time to teach your children. Not only math, reading, etc. but real world applications. It will come in handy given the new world in which they live.

- ✓ *Prepare a folder of age appropriate dittos or learning exercises for the kids.*

7) Respect The Word "Waste"

Our society (in the US), is one of waste and gluttony. Many families don't believe in having "leftovers" for dinner.

When things go south, you will need to conserve efficiently. Your kids will need to learn how to do that and starting now can only make that lesson easier.

- ✓ *Work with the kids on 3 things they use less - water in the shower, water for brushing teeth, and food on your plate.*

8) Defense - not about screaming for help anymore

Teaching self-defense to your kids is a lot different than teaching it to an adult. It's no longer about trying to subdue your attacker.

It's now about trying to fight him off and make as much noise as possible.

The hope is that the child can create enough noise so that an adult can come to their aid. You want to teach dirty tactics and using weapons wherever they can find.

If you have a child that is of age, you probably want to teach them how to defend themselves with more sophisticated weapons or hand to hand combat.

- ✓ *Practice with your smaller children what they should do if somebody enters the home. For older kids, teach them a disciplined self-defense method.*

9) Prepare to Entertain

The post SHTF world will be a big shock to children. Gone will be the days of unlimited TV with hundreds of channels to choose from and video games whenever they want.

You'll now have to entertain them using other means. Think back to the days when you were a child when board games and cards entertained us.

You'll want to ease them into this so start now.

- ✓ *Pick one night a week where you play board games or some other simple game to entertain yourselves.*

10) Happiness

Kids can be thrown for a loop sometimes...especially if they believe things are not going to change for the better.

It's your responsibility as a parent to keep them positive believing things will get better. Children need that in their lives.

This doesn't mean create a fantasyland scenario for them, but they need to be looking ahead.

- ✓ *Write down some positive outcomes for a post SHTF world. Begin thinking how you will explain these to your children. Practice makes perfect.*

Summary:

These are only a few things to prepare your child.

Remember, your end goal is prepare a child to be "survival wise".

Be sure to check out our site on Prepping with Kids

<http://www.thehomeforsurvival.com/prepping-with-kids/>

And always remember, by failing to prepare, you are preparing to fail.

- *Survivor Mike*

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