



Caregiver Tips & Resources

Start the Conversation: Emergency Drill Support

nycchildrenstheater.org/emergency-drill-support

Below is a list of tips and resources that might be helpful as you engage in a conversation with your child about emergency drills.

Tips for Caregivers

- Let your child lead. Some children will not want to discuss having participated in a drill and others might. Some may process the drill through play or drawing. Meet your child where they're at and remember that you know them best.
- Remind your child that it is our job as grownups to keep kids safe.
- Explain to them that drills are just practice and are designed to keep everyone in the school safe - grownups too!
- Let your child know that the school has a safety plan, you know what it is, and that they will let you know when there's a lockdown. Knowing that their caregivers and schools are working together helps young people feel safer.
- Brainstorm with your child other things we do everyday to stay safe just in case, like wearing a helmet when we ride our bike or a seatbelt when we're in the car. Reinforce that we do these things "just in case."
- Children can sense when adults are anxious, so try your best to take a calm tone and keep it throughout the conversation. If you need a break, that's okay! Take some time to have a snack, take some breaths, etc. and return to the conversation when you and your child are ready.
- Children may be hearing about school shooting and other acts of violence on the news. Parents should assess what their child knows and answer questions/address fears or concerns they may have.
- Be willing to have the conversation as many times as needed throughout the school year.
- Use the language provided in Start the Conversation's video series and [Educator Guide](#) to help navigate the conversation.

Suggested Reading

Prepare Students Without Scaring Them: What to Say to Kids Before (and After) a Lockdown Drill

Robyn Welling | [Parents Together](#)

"The experts at Scholastic went on to share some tips for how to address the importance of these drills with kids, without instilling fear or anxiety."

Talking to Children About Violence: Tips for Parents and Teachers

[National Association of School Psychologists](#)

"Parents and school personnel can help children feel safe by establishing a sense of normalcy and security and talking with them about their fears."

Talking to Kids About a 'Lockdown'

Judith Simon Prager | [HuffPost](#)

"These days, we have "lockdowns," requiring hiding from someone with a murderous intent and the means to accomplish it. Awful as the threats are, we also must find ways to tell our children to take care without terrifying them."



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