

3 Ways to Calm Your Child's Fear of Storms

- + **Teach them about storms:** Explain to your child how clouds form, that lightning is merely electricity, why thunder always follows lightning, and how tornadoes form.
- + **Make it a game:** Make storm watching into a game. How many seconds can they count between the lightning and thunder? How many lightning strikes can they count? Make a weather bingo card with hail, rainbows, wind, and other things on it to play with during the storm.
- + **Make a safety plan:** Ask your child to help you come up with a plan to keep everyone safe in case of tornadoes or other severe weather. Together, find the safest place in your home and make a pact to meet there if you hear sirens. Then have them help you make a safety kit with first aid supplies, a radio, and books or other things to do while you're waiting for the severe weather to pass.