

Resources for **Parents and Carers** from the Community Trauma Toolkit

Community Trauma Toolkit

This toolkit contains resources to help and support adults and children before, during, and after a disaster or traumatic event. It will help you understand some of the impacts of disaster and how you can help lessen these impacts.

Visit the [Emerging Minds web hub to access the full suite of resources.](#)



SHORT ARTICLES

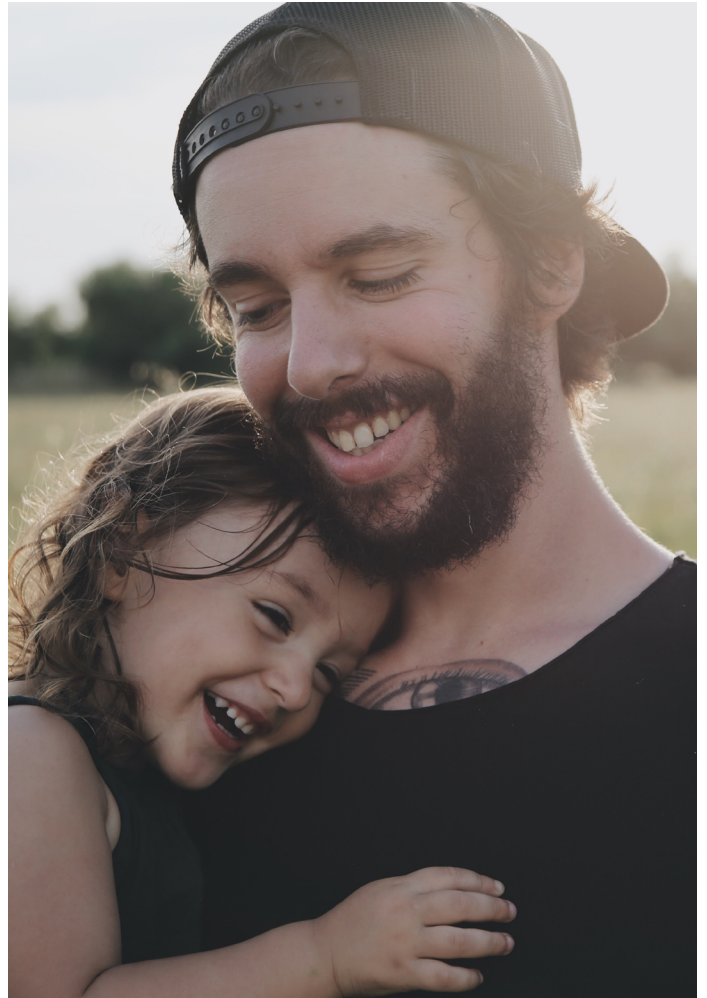
How parents and caregivers can prepare for a natural disaster

What parents and caregivers can expect during and immediately after a disaster or community trauma

How parents and caregivers can support children immediately after a disaster or community trauma

What parents and caregivers can expect in the short-term after a disaster or community trauma

How parents and caregivers can support children in the short-term after a disaster or community trauma



What parents and caregivers can expect in the long-term after a disaster or community trauma

How parents and caregivers can support children in the long-term after a disaster or community trauma



VIDEOS

[The use of therapeutic story books following a natural disaster](#)

[The importance of story and play for young children following a natural disaster](#)

[Infant and perinatal wellbeing: Risk and resilience factors](#)

[Queensland Centre for Perinatal & Infant Mental Health: Natural disaster resources](#)

[The impact of natural disasters on babies and young children](#)

[The impact of drought on children](#)

[Re-establishing routines and rules following a disaster or traumatic event](#)

[The impact on parenting and the parent-child relationship after a disaster or traumatic event](#)

[The impact on children of a disaster or traumatic event](#)

[Children in the short term after a disaster or traumatic event](#)

[Children in the long term after a disaster or traumatic event](#)

[Children in the immediate aftermath of a disaster or traumatic event](#)

[Children's meaning-making in relation to a disaster or traumatic event](#)

[Strathewen-Arthur's Creek Bushfire Education Partnership](#)

[Strathewen community: A bushfire recovery story 10 years in the making](#)

[Preparing for disaster](#)

[Supporting children immediately after a disaster or traumatic event](#)

[Supporting children in the short-term after a disaster or traumatic event](#)

[Supporting children in the long-term after a disaster or traumatic event](#)



PODCASTS

[Communities in the immediate aftermath of a trauma](#)

[Disaster preparedness, myths and programs that hold promise](#)

[The ongoing psychosocial needs of children following a community trauma](#)



FACT SHEETS

[Supporting children during drought \(Infographic\)](#)

[How can I support children during a drought?](#)

[The big dry: the impact of drought on children and families](#)

[Traumatic events, the media and your child](#)

[Traumatic events: anniversaries and other triggers](#)

[Trauma sensitive behaviour management](#)

[Trauma responses in children aged 0-24 months](#)

[Trauma responses in children aged 2-4 years](#)

[Trauma responses in children aged 5-12 years](#)

[Common severe stress reactions to a traumatic event](#)

[Talking to kids after terrorism and violent events](#)