

Emerging Minds.

National
Workforce
Centre for Child
Mental Health

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 longer term following a disaster or community trauma](#)



Videos

[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](#)

[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 your family for natural 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](#)

Delivery partners:



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