

# Resource Matrix Educators

Emerging  
Minds.

## Disaster preparedness

Topic/title	Target Demographic	Media	Author	Description	Access
<b>Emergency Planner (RediPlan)</b>	Families	Downloadable planner	Australian Red Cross: Australia	Step-by-step planner for families to use in preparing for an emergency.	RediPlan <a href="https://www.redcross.org.au/globalassets/cms-migration/documents/emergency-services/rediplan-lite-interactive.pdf">https://www.redcross.org.au/globalassets/cms-migration/documents/emergency-services/rediplan-lite-interactive.pdf</a>
<b>General emergency</b>	Deaf, Deafblind and hard of hearing people	Resource summary	National Auslan Communications for Emergencies	Information produced in Auslan for Deaf, Deafblind and hard of hearing people relating to the most common natural hazard emergencies within Australia.	General emergency <a href="http://auslanemergency.com.au/index.php/deaf-deafblind/natural-hazard-emergencies/general-emergency/">http://auslanemergency.com.au/index.php/deaf-deafblind/natural-hazard-emergencies/general-emergency/</a>
<b>Emergency Planner (Get ready!)</b>	Children	Downloadable planner	Australian Red Cross: Australia	Children's activity book to assist with planning for a disaster.	Get ready! <a href="https://www.redcross.org.au/globalassets/corporatecms-migration/downloads/pdfs/disaster-plan/2018-01-01-get-ready-kids-new-screen.pdf">https://www.redcross.org.au/globalassets/corporatecms-migration/downloads/pdfs/disaster-plan/2018-01-01-get-ready-kids-new-screen.pdf</a>
<b>'Get Prepared' App</b>	Families	App (iPhone and Android)	Australian Red Cross: Australia	Mobile app to build a plan and connect with key support people online.	'Get Prepared' App <a href="https://www.redcross.org.au/prepare/">https://www.redcross.org.au/prepare/</a>
<b>RediPlan lesson plans</b>	Educators (early childhood - Year 12)	Downloadable lesson plan PDFs	Australian Red Cross: Australia	Comprehensive lesson plans, activity sheets and teacher notes to assist with disaster planning for early childhood, years 1-3, 4-6, 7-9 and 10-12.	RediPlan preparedness program <a href="https://www.redcross.org.au/emergencies/resources/resources-for-teachers/">https://www.redcross.org.au/emergencies/resources/resources-for-teachers/</a>
<b>Red Cross Pillowcase Project</b>	Children from Years 3-4	1-hour workshop	Australian Red Cross: Australia	A disaster resilience education program delivered by Red Cross volunteers in schools.	The Pillowcase Project <a href="https://www.redcross.org.au/emergencies/pillowcase-program/">https://www.redcross.org.au/emergencies/pillowcase-program/</a>
<b>Community trauma preparedness tips</b>	Families	Tip sheet	Australian Child & Adolescent Trauma, Loss & Grief Network, Australian National University (ANU) and Emerging Minds: National Workforce Centre for Child Mental Health: Australia	Practical and psychosocial strategies for parents and caregivers.	How parents and caregivers can prepare for a natural disaster <a href="https://emergingminds.com.au/resources/how-parents-and-caregivers-can-prepare-for-a-natural-disaster/">https://emergingminds.com.au/resources/how-parents-and-caregivers-can-prepare-for-a-natural-disaster/</a>
<b>Psychological preparation (AIMS model)</b>	General	Downloadable tip sheet	Australian Psychological Society: Australia	A 3-step model of preparation for natural disasters.	Psychological preparation for natural disasters <a href="https://www.psychology.org.au/getmedia/c24bf1ba-a5fc-45d5-a982-835873148b9a/Psychological-preparation-for-natural-disasters.pdf">https://www.psychology.org.au/getmedia/c24bf1ba-a5fc-45d5-a982-835873148b9a/Psychological-preparation-for-natural-disasters.pdf</a>

<b>Psychological preparedness</b>	Families	Video	Australian Psychological Society: Australia	Easy ways for parents to help their children prepare psychologically for the threat of disasters.	Preparing children psychologically for the threat of disaster <a href="https://psychology.org.au/for-the-public/psychology-topics/disasters/preparing-for-disasters/preparing-children-psychologically-for-disasters">https://psychology.org.au/for-the-public/psychology-topics/disasters/preparing-for-disasters/preparing-children-psychologically-for-disasters</a>
<b>Disaster risk reduction awareness</b>	Children aged 10-14 years	Activity book	Children in a Changing Climate Coalition (ChildFund Alliance, Plan International, Save the Children, UNICEF and World Vision): International	Child-friendly, awareness raising activity book, developed in consultation with children.	Child-friendly Sendai framework for disaster risk reduction <a href="https://plan-international.org/publications/child-friendly-sendai-framework-disaster-risk-reduction">https://plan-international.org/publications/child-friendly-sendai-framework-disaster-risk-reduction</a>
<b>Bushfire preparedness</b>	Families	Downloadable tip sheet	Australian Child & Adolescent Trauma, Loss & Grief Network, Australian National University (ANU): Australia	Bushfire preparedness advice and tips for talking to children.	Bushfire preparedness for your family <a href="http://tgn.anu.edu.au/wp-content/uploads/2014/10/Bushfire-preparedness-for-your-family.pdf">http://tgn.anu.edu.au/wp-content/uploads/2014/10/Bushfire-preparedness-for-your-family.pdf</a>

## Disaster recovery/resilience

Topic/title	Target Demographic	Media	Author	Description	Access
<b>Birdie's Tree</b>	Babies, young children, parents/carers	Online games/storybooks	Queensland Centre for Perinatal and Infant Mental Health (QPICMH) and Queensland Health: Australia	Therapeutic online games and storybooks to help young children's recovery following a natural disaster.	Birdie's Tree therapeutic games <a href="https://www.childrens.health.qld.gov.au/natural-disaster-recovery/">https://www.childrens.health.qld.gov.au/natural-disaster-recovery/</a>
<b>Recovering from disaster while pregnant or with young children</b>	Families who are pregnant/in early parenthood	Booklet	Queensland Centre for Perinatal and Infant Mental Health (QPICMH) and Queensland Health: Australia	Information booklet with information and advice on reactions, recovery and assistance.	Recovering together after a natural disaster: Supporting families in pregnancy and early parenthood <a href="https://childrens.health.qld.gov.au/wp-content/uploads/PDF/qcpimh/QCPIMH-recovering-after-natural-disaster-booklet-pregnancy.pdf">https://childrens.health.qld.gov.au/wp-content/uploads/PDF/qcpimh/QCPIMH-recovering-after-natural-disaster-booklet-pregnancy.pdf</a>
<b>Red Cross disaster recovery</b>	Educators (early childhood – Year 12)	Downloadable lesson plan PDFs	Australian Red Cross: Australia	Comprehensive lesson plans, activity sheets and teacher notes to assist with disaster planning – early childhood, Years 1-3, 4-6, 7-9 and 10-12.	Recovery lesson plans <a href="https://www.redcross.org.au/get-help/emergencies/resources-about-disasters/resources-for-parents-and-teachers">https://www.redcross.org.au/get-help/emergencies/resources-about-disasters/resources-for-parents-and-teachers</a>
<b>Red Cross Disaster Recovery</b>	Children aged 10-14 years	Booklet	Australian Red Cross: Australia	A book to help children cope with emergencies.	After the emergency <a href="https://www.redcross.org.au/globalassets/corporatecms-migration/downloads/pdfs/disaster-plan/after-the-emergency-kids-booklet.pdf">https://www.redcross.org.au/globalassets/corporatecms-migration/downloads/pdfs/disaster-plan/after-the-emergency-kids-booklet.pdf</a>
<b>Child trauma reactions</b>	Educators	Webinar (part 2)	University of Queensland and Australian Child & Adolescent Trauma, Loss & Grief Network, Australian National University (ANU): Australia	Discusses how schools and teachers can assist children following disasters and traumatic events.	Part 1: Children's responses to trauma and disasters Part 2: Childhood trauma reactions: the role of teachers and schools after a natural disaster <a href="https://earlytraumagrief.anu.edu.au/resource-centre/webinars">https://earlytraumagrief.anu.edu.au/resource-centre/webinars</a>

<b>Disaster anniversaries</b>	Families & children	Tip sheet	Emerging Minds: National Workforce Centre for Child Mental Health: Australia	Provides information on how to support and manage children's reactions during the anniversary period.	Traumatic events: Anniversaries and other triggers <a href="https://emergingminds.com.au/resources/traumatic-events-anniversaries-and-other-triggers/">https://emergingminds.com.au/resources/traumatic-events-anniversaries-and-other-triggers/</a>
<b>Recovery after a bushfire</b>	Families with babies and/or young children	Information sheet	Queensland Centre for Perinatal and Infant Mental Health (QPICMH) and Queensland Health: Australia	Information and activity sheet for families with babies and/or young children.	Recovering together after a natural disaster – fire <a href="https://childrens.health.qld.gov.au/wp-content/uploads/PDF/qcpimh/QCPIMH-recovering-together-after-fire.pdf">https://childrens.health.qld.gov.au/wp-content/uploads/PDF/qcpimh/QCPIMH-recovering-together-after-fire.pdf</a>
<b>Recovery after a bushfire</b>	Teachers	School Recovery Toolkit	Australian Child & Adolescent Trauma, Loss & Grief Network, Australian National University (ANU): Australia	Recovery and resilience information based on the experiences of victims of the 'Black Saturday' Victorian Bushfires in 2009.	Resources for teachers: School recovery toolkit <a href="https://earlytraumagrief.anu.edu.au/files/ACATLGN_Roberts_Schools_bushfire_toolkit.pdf">https://earlytraumagrief.anu.edu.au/files/ACATLGN_Roberts_Schools_bushfire_toolkit.pdf</a>
<b>Bushfires</b>	Families and early childhood professionals working with infants and young children	YouTube	Australian Child & Adolescent Trauma, Loss & Grief Network, Australian National University (ANU): Australia	Short animated video for young children.	The Bushfire <a href="https://www.youtube.com/watch?time_continue=27&amp;v=nZRUBCC-_GM">https://www.youtube.com/watch?time_continue=27&amp;v=nZRUBCC-_GM</a>
<b>Recovery after a cyclone</b>	Families with babies and/or young children	Information sheet	Queensland Centre for Perinatal and Infant Mental Health (QPICMH) and Queensland Health: Australia	Information and activity sheet for families with babies and/or young children.	Recovering together after a natural disaster – cyclone <a href="https://childrens.health.qld.gov.au/wp-content/uploads/PDF/qcpimh/QCPIMH-recovering-together-after-cyclone.pdf">https://childrens.health.qld.gov.au/wp-content/uploads/PDF/qcpimh/QCPIMH-recovering-together-after-cyclone.pdf</a>
<b>Recovery after a drought</b>	Families with babies and/or young children	Information sheet	Queensland Centre for Perinatal and Infant Mental Health (QPICMH) and Queensland Health: Australia	Information and activity sheet for families with babies and/or young children.	Recovering together after a natural disaster – drought <a href="https://childrens.health.qld.gov.au/wp-content/uploads/PDF/qcpimh/QCPIMH-recovering-together-after-drought.pdf">https://childrens.health.qld.gov.au/wp-content/uploads/PDF/qcpimh/QCPIMH-recovering-together-after-drought.pdf</a>
<b>Recovery after an earthquake</b>	Families with babies and/or young children	Information sheet	Queensland Centre for Perinatal and Infant Mental Health (QPICMH) and Queensland Health: Australia	Information and activity sheet for families with babies and/or young children.	Recovering together after a natural disaster – earthquake <a href="https://childrens.health.qld.gov.au/wp-content/uploads/PDF/qcpimh/QCPIMH-recovering-together-after-earthquake.pdf">https://childrens.health.qld.gov.au/wp-content/uploads/PDF/qcpimh/QCPIMH-recovering-together-after-earthquake.pdf</a>
<b>Recovery after a flood</b>	Families with babies and/or young children	Information sheet	Queensland Centre for Perinatal and Infant Mental Health (QPICMH) and Queensland Health: Australia	Information and activity sheet for families with babies and/or young children.	Recovering together after a natural disaster – flood <a href="https://childrens.health.qld.gov.au/wp-content/uploads/PDF/qcpimh/QCPIMH-recovering-together-after-flood.pdf">https://childrens.health.qld.gov.au/wp-content/uploads/PDF/qcpimh/QCPIMH-recovering-together-after-flood.pdf</a>
<b>Recovery after a tsunami</b>	Families with babies and/or young children	Information sheet	Queensland Centre for Perinatal and Infant Mental Health (QPICMH) and Queensland Health: Australia	Information and activity sheet for families with babies and/or young children.	Recovering together after a natural disaster – tsunami <a href="https://childrens.health.qld.gov.au/wp-content/uploads/PDF/qcpimh/QCPIMH-recovering-together-after-tsunami.pdf">https://childrens.health.qld.gov.au/wp-content/uploads/PDF/qcpimh/QCPIMH-recovering-together-after-tsunami.pdf</a>

<b>Recovering together for educators</b>	Early childhood professionals working with infants and young children	Comprehensive resource guide, activities & education program	Queensland Centre for Perinatal and Infant Mental Health (QPICMH) and Queensland Health: Australia	Targeted resource to help babies (0-24mths) and young children (2-4yrs) process their experience of the disaster. Resources help babies and young children regain their sense of security, while alerting early childcare professionals to potential signs of distress that may require additional support.	Recovering together after a natural disaster: A resource guide for early childhood education and care services <b><a href="mailto:PIMH@health.qld.gov.au">Available upon request – email PIMH@health.qld.gov.au</a></b>
<b>Recovery after disaster</b>	Families with babies and/or young children	Booklet	Queensland Centre for Perinatal and Infant Mental Health (QPICMH) and Queensland Health: Australia	Comprehensive information, activities and referral information for families of children and babies recovering from a natural disaster.	Recovering together after a natural disaster: Supporting families with babies and young children <b><a href="https://childrens.health.qld.gov.au/wp-content/uploads/PDF/qcpimh/QCPIMH-recovering-together-after-disaster-booklet-babies.pdf">https://childrens.health.qld.gov.au/wp-content/uploads/PDF/qcpimh/QCPIMH-recovering-together-after-disaster-booklet-babies.pdf</a></b>
<b>Parent tips for recovery</b>	Parents of infants and toddlers (0-3yrs)	Tip sheet (available in multiple languages)	National Child Traumatic Stress Network: USA	Practical information and strategies aligned to specific child difficulties following a disaster.	Parent tips for helping infants and toddlers after disasters <b><a href="https://www.nctsn.org/resources/pfa-parent-tips-helping-infants-and-toddlers-after-disasters">https://www.nctsn.org/resources/pfa-parent-tips-helping-infants-and-toddlers-after-disasters</a></b>
<b>Parent tips for helping preschoolers after disaster</b>	Parents of preschool-age children (0-5yrs)	Tip sheet (available in multiple languages)	National Child Traumatic Stress Network: USA	Practical information and strategies aligned to specific child difficulties following a disaster.	Parent tips for helping preschool age children after disasters <b><a href="https://www.nctsn.org/resources/pfa-parent-tips-helping-preschool-age-children-after-disasters">https://www.nctsn.org/resources/pfa-parent-tips-helping-preschool-age-children-after-disasters</a></b>
<b>Grief and loss in disaster</b>	Individuals and organisations working with children and adolescents	Booklet	Australian Child & Adolescent Trauma, Loss & Grief Network, Australian National University (ANU): Australia	Looks at common reactions that children and young people have during disasters and the path of recovery following a disaster.	Children, adolescents and families: Grief and loss in disaster <b><a href="http://earlytraumagrief.anu.edu.au/files/Disasters%20grief%20children%20and%20families_O.pdf">http://earlytraumagrief.anu.edu.au/files/Disasters%20grief%20children%20and%20families_O.pdf</a></b>
<b>Recovery in schools</b>	School administrators and teachers	Information sheet	Australian Child & Adolescent Trauma, Loss & Grief Network, Australian National University (ANU): Australia	Discusses a whole of school approach to supporting families in the school context.	Schools supporting families to recover from disaster <b><a href="https://earlytraumagrief.anu.edu.au/files/ACATLGN_Wraith_Families_Brief_D1K_O.pdf">https://earlytraumagrief.anu.edu.au/files/ACATLGN_Wraith_Families_Brief_D1K_O.pdf</a></b>
<b>Media coverage</b>	Families (also good for educators)	Tip sheet	Emerging Minds: National Workforce Centre for Child Mental Health: Australia	Details the impacts of media exposure on children and how to manage it.	Traumatic events, the media and your child <b><a href="https://emergingminds.com.au/resources/traumatic-events-the-media-and-your-child/">https://emergingminds.com.au/resources/traumatic-events-the-media-and-your-child/</a></b>

## Psychological First Aid

Topic/title	Target Demographic	Media	Author	Description	Access
<b>PFA for children</b>	Individuals and organisations working with children	Information sheet	Australian Child & Adolescent Trauma, Loss & Grief Network, Australian National University (ANU): Australia	Brief guidelines on PFA for children.	Psychological First Aid for children and adolescents <a href="http://tgn.anu.edu.au/wp-content/uploads/2014/10/Psychological-first-aid-for-children-and-adolescents_O1.pdf">http://tgn.anu.edu.au/wp-content/uploads/2014/10/Psychological-first-aid-for-children-and-adolescents_O1.pdf</a>
<b>Red Cross PFA Guide</b>	General public, children and vulnerable populations	Resource guide	Australian Red Cross and Australian Psychological Society: Australia	Australian guide to supporting people affected by disaster using PFA. Contains child-specific section.	Psychological First Aid: Supporting people affected by disaster in Australia <a href="https://www.redcross.org.au/globalassets/cms-migration/documents/stories/psychological-first-aid-an-australian-guide.pdf">https://www.redcross.org.au/globalassets/cms-migration/documents/stories/psychological-first-aid-an-australian-guide.pdf</a>
<b>PFA for disaster, violence or terrorism events</b>	School administrators and staff	Field operations guide	National Child Traumatic Stress Network: USA	Offers practical assistance to meet immediate needs and concerns, reduce distress, and foster adaptive coping in the wake of a disaster.	Psychological First Aid for Schools (PFA-S) field operations guide <a href="https://www.nctsn.org/resources/psychological-first-aid-schools-pfa-s-field-operations-guide">https://www.nctsn.org/resources/psychological-first-aid-schools-pfa-s-field-operations-guide</a>

## Trauma

Topic/title	Target Demographic	Media	Author	Description	Access
<b>Trauma management – before, during and after disaster</b>	Parents and caregivers, GPs, educators, first responders and health and social workforces working with children	Webpages including embedded videos	Emerging Minds: National Workforce Centre for Child Mental Health: Australia	Information for multiple community groups supporting children before, during and after a traumatic event.	Online community trauma toolkit <a href="https://emergingminds.com.au/resources/toolkits/community-trauma-toolkit/">https://emergingminds.com.au/resources/toolkits/community-trauma-toolkit/</a>
<b>The impact of trauma on the child</b>	Individuals who work with/care for children	Online training course (free)	Emerging Minds: National Workforce Centre for Child Mental Health: Australia	Introduces the key elements of understanding the prevalence of trauma, and its impact on children and families. Guides professionals to provide support.	Online trauma-related training <a href="https://emergingminds.com.au/resources/trauma-and-the-child-e-learning-course/">https://emergingminds.com.au/resources/trauma-and-the-child-e-learning-course/</a>
<b>Managing trauma</b>	Individuals who work with/care for children	Downloadable PDF	KidsMatter: Australia	Webpage that converts to downloadable PDF. Describes trauma, traumatic events, stress responses, and how to assist children.	Managing trauma and ways to recover <a href="https://ihcsupportagency.org.au/wp-content/uploads/2019/05/03_Managing-trauma-and-ways-to-recover.pdf">https://ihcsupportagency.org.au/wp-content/uploads/2019/05/03_Managing-trauma-and-ways-to-recover.pdf</a>

<b>Early Childhood trauma resources</b>	Individuals who work with/care for children	Downloadable PDF	National Child Traumatic Stress Network: USA	Explores early childhood trauma and details protective factors for building resilience.	Early Childhood trauma <a href="https://www.nctsn.org/resources/early-childhood-trauma">https://www.nctsn.org/resources/early-childhood-trauma</a>
<b>Childhood trauma reactions</b>	Teachers (preschool–year 12)	Teacher manual	Centre of National Research on Disability and Rehabilitation Medicine (CONROD), University of Queensland (UQ), Queensland Government: Australia	Comprehensive handbook for teachers re: childhood trauma reactions and how teachers can assist.	Childhood trauma reactions: A guide for teachers from preschool to year 12 <a href="https://schools.aidr.org.au/media/4605/conrod_childhood-trauma-reactions.pdf">https://schools.aidr.org.au/media/4605/conrod_childhood-trauma-reactions.pdf</a>
<b>Childhood trauma reactions</b>	Individuals who work with/care for children	Tip sheet	Australian Child & Adolescent Trauma, Loss & Grief Network, Australian National University (ANU): Australia	Lists possible signs of trauma and recovery in children and adolescents.	Signs of possible trauma in children and adolescents <a href="https://earlytraumagrief.anu.edu.au/files/Signs-of-possible-trauma-in-children-and-adolescents.pdf">https://earlytraumagrief.anu.edu.au/files/Signs-of-possible-trauma-in-children-and-adolescents.pdf</a>

## Grief & loss in disaster

Topic/title	Target Demographic	Media	Author	Description	Access
<b>Grief and loss resources</b>	Children and youth	Resources	Australian Child & Adolescent Trauma, Loss & Grief Network, Australian National University (ANU): Australia	Information about grief at different ages and developmental stages in children. Also provides guidance on how to assist grieving children.	Children, adolescents and families: Grief and loss in disaster <a href="https://earlytraumagrief.anu.edu.au/files/Disasters%20grief%20children%20and%20families_0.pdf">https://earlytraumagrief.anu.edu.au/files/Disasters%20grief%20children%20and%20families_0.pdf</a>