



## Resource list

The following links and resources will help you to prepare your child and family for an emergency.

### Comprehensive resources

- The Australian Red Cross provides a comprehensive list of resources for parents and families to prepare for and recover from disaster ([redcross.org.au/emergencies/resources/resources-for-parents-and-caregivers](https://redcross.org.au/emergencies/resources/resources-for-parents-and-caregivers)).
- Emerging Minds collects resources in their Community Trauma Toolkit ([emergingminds.com.au/resources/toolkits/community-trauma-toolkit](https://emergingminds.com.au/resources/toolkits/community-trauma-toolkit)).
- Ember has an app and website with information for Plan, Action and Tools ([emberapp.com.au](https://emberapp.com.au)).

### For parents and carers

- This booklet helps you to talk to your child before an emergency ([redcross.org.au/globalassets/cms-migration/documents/emergency-services/talking-with-children-before-and-emergency.pdf](https://redcross.org.au/globalassets/cms-migration/documents/emergency-services/talking-with-children-before-and-emergency.pdf)).
- This guidebook is for parents 'Helping my children after trauma' ([phoenixaustralia.org/wp-content/uploads/2015/03/Phoenix-Parents-Guide.pdf](https://phoenixaustralia.org/wp-content/uploads/2015/03/Phoenix-Parents-Guide.pdf)).
- NSW Government information on preparing for an emergency evacuation ([nsw.gov.au/prepare-for-a-disaster/be-ready-for-an-emergency-evacuation](https://nsw.gov.au/prepare-for-a-disaster/be-ready-for-an-emergency-evacuation)).
- Information on preparing your home and family for fire ([myfireplan.com.au](https://myfireplan.com.au)).
- The Child Safety Hub provides some information on Special Needs ([nsw.childsafetyhub.com.au/fire-safety-home-fire-safety-special-needs](https://nsw.childsafetyhub.com.au/fire-safety-home-fire-safety-special-needs)).

### For children

- The Queensland Government has made a series of books and animated videos (available in multiple languages) about Birdie. There are specific stories for virus, flood, bushfire, cyclone, drought, storm and blizzard ([childrens.health.qld.gov.au/chq/our-services/mental-health-services/qcpimh/natural-disaster-resources/storybooks](https://childrens.health.qld.gov.au/chq/our-services/mental-health-services/qcpimh/natural-disaster-resources/storybooks)).
- The Triple Zero Challenge helps teach kids about calling for help in an emergency ([kids.triplezero.gov.au](https://kids.triplezero.gov.au)).
- This Play School video shows how to prepare an 'Emergency Sack' before leaving the house ([abc.net.au/abckids/early-education/family-community-and-culture/play-school-emergency-sack/13238204](https://abc.net.au/abckids/early-education/family-community-and-culture/play-school-emergency-sack/13238204)).
- This Play School video helps kids to think about what they can do in an emergency ([abc.net.au/abckids/early-education/family-community-and-culture/play-school-emergency-plan/13235454](https://abc.net.au/abckids/early-education/family-community-and-culture/play-school-emergency-plan/13235454)).
- Kids Help Line has a page on Coping with Natural Disasters ([kidshelpline.com.au/teens/issues/coping-natural-disasters](https://kidshelpline.com.au/teens/issues/coping-natural-disasters)).
- Headspace provides information for young people on 'How to cope with the stress of natural disasters' ([headspace.org.au/explore-topics/for-young-people/natural-disasters](https://headspace.org.au/explore-topics/for-young-people/natural-disasters)).
- SES Colouring and Activity book with emergency information for kids ([sesbrandonline.com.au/uploads/316/kids-activity-book\\_low-res.pdf](https://sesbrandonline.com.au/uploads/316/kids-activity-book_low-res.pdf)).