



A little help  
for big events

# Supporting kids' wellbeing before, during and after disasters



## Before a disaster

### Prepare

- Talk about seasons, weather, and disasters
- Create a family emergency plan with your children
- Help your children express their feelings openly
- Connect with others who can provide mutual support if needed

## During a disaster

### Respond

- Activate you plan and ensure physical safety, including taking care of yourself
- Keep your children with you if possible, this lowers the trauma risk
- Try and maintain familiar routines and relationships
- Let children express themselves and find ways where they can help

## After a disaster

### Support recovery

- Watch for signs of distress, and seek professional help if you are unsure about how your child is coping
- Help make sense of the event, and let kids help in ways that are not distressing or re-traumatising
- Rebuild connections and routine as quickly as practicable
- Talk with your children about what was learned and incorporate this into your emergency plan for future disasters

## Helpful resources



**Birdies Tree**  
(0-8 year olds)



**headspace**  
(12-25 year olds)



Extra resources +  
download the flyer



**Emerging Minds**  
(0-12 year olds)



**Preparing an  
emergency plan**



**Outback Futures  
get support**



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