

Supporting resources: Youth voice and agency in recovery webinar

These resources have been provided by Annabel Axford from Emerging Minds and Margaret Nixon from the Australian Children and Adolescent Grief and Trauma Network.

Watch a recording of the webinar on the [Australian Disaster Resilience Knowledge Hub](#).

Community Trauma Toolkit

<https://emergingminds.com.au/resources/toolkits/community-trauma-toolkit/>

Information on self-care

- Self-care plan – completed <https://emergingminds.com.au/resources/self-care-plan-completed/>
- Self-care plan – blank <https://emergingminds.com.au/resources/self-care-plan-blank/>

Information on behaviours and reactions

- [Psychological First Aid tip card](#)
- [Trauma responses in children aged 0-24 months](#) (factsheet) and [Psychological reactions Age 0-12 months](#) (video)
- [Trauma responses in children aged 2-4 years](#) (factsheet) and [Psychological reactions Age 2-4 years](#) (video)
- [Trauma responses in children aged 5-12 years](#) (factsheet) and [Psychological reactions Age 5-12 years](#) (video)
- [Traumatic events: anniversaries and other triggers](#)
- Child 360 app <https://emergingminds.com.au/resources/child360-app/>

Information on communicating with babies to teenagers

- [Communicating with your baby during 'tough times'](#) (factsheet)
- [Communicating with your toddler during 'tough times'](#) (factsheet)
- [Communicating with your primary school-age child during 'tough times'](#) (factsheet)
- [Communicating with your teenager during 'tough times'](#) (factsheet)

Information on play

- [The importance of story and play for young children following a natural disaster](#) (video)
- [The use of therapeutic story books following a natural disaster](#) (video)
- Parent-child play: A mental health promotion strategy for all children <https://emergingminds.com.au/resources/parent-child-play-a-mental-health-promotion-strategy-for-all-children/>



- Parent-child play: Conversation guide <https://emergingminds.com.au/resources/parent-child-play-conversation-guide/>
- Parent-child play: Practice resource <https://emergingminds.com.au/resources/parent-child-play-practice-resource/>

Information for parents and caregivers

- [What parents and caregivers can expect in the short term after a disaster or community trauma](#) (fact sheet) and [Children in the short term after a disaster or traumatic event](#) (video)
- [How parents and caregivers can support children in the short-term after a disaster or community trauma](#) (factsheet) and [Supporting children in the short-term after a disaster or traumatic event](#) (video)
- [What parents and caregivers can expect in the long-term after a disaster or community trauma](#) factsheet) and [Children in the long term after a disaster or traumatic event](#) (video)
- [How parents and caregivers can support children in the long-term after a disaster or community trauma](#) factsheet) and [Supporting children in the long-term after a disaster or traumatic event](#) (video)

Information on media

- Traumatic events, the media and your child <https://emergingminds.com.au/resources/traumatic-events-the-media-and-your-child/> (factsheet)
- Keeping children and families in mind: Guidelines for media professionals reporting on disaster or community trauma events <https://emergingminds.com.au/resources/keeping-children-and-families-in-mind-guidelines-for-media-professionals-reporting-on-disaster-or-community-trauma-events/> (factsheet)
- Journalists and media staff as parents and carers <https://emergingminds.com.au/resources/journalists-and-media-staff-as-parents-and-carers/> (factsheet)

A bushfire recovery story

- Strathewen community: A bushfire recovery story 10 years in the making <https://emergingminds.com.au/resources/strathewen-community-a-bushfire-recovery-story-10-years-in-the-making/> (video)

Please note: Self care - This video features community members who experienced the 2009 Victorian Bushfires discussing these events and its impacts. This video contains discussion of the fires and loss of life as well as the impacts on children since the fires. As you watch the video, it is important to be aware of your own emotional responses. Seek help if needed.