Did you know that in times of stress, babies and young children may
• become worried, but may not have the words to tell you
• be clingy or whiny, have more tantrums, or seem more ‘helpless’
• become aggressive
• cry a lot
• eat less or more than usual
• have difficulty sleeping or sleep more
• need repeated reassurance that they are safe
• want to be closer to their parents or carers and need more cuddles

Things parents and carers can do
• read the story over the page with your child and talk about the pictures
• name your child’s feelings, for example “you seem to be feeling sad”
• try to spend time having fun with your child each day. Choose activities you know they enjoy, for example bubbles, games, reading
• replace special toys as soon as possible if they are lost or damaged. They can be a comfort
• answer questions honestly but don’t give more information than is needed

Re-establish regular routines as soon as possible. Such routines are calming and create predictability
• avoid exposing your child to natural disaster coverage through television, radio or newspapers.
• try not to discuss worrying topics in front of babies and young children. They understand more than we realise

Things to remember
• talk with your child’s childcare worker or other carer about how your child is feeling
• talk to a professional and ask for help if necessary
• stay in contact with others
• look after yourself

If you or your family are finding it difficult to cope with a natural disaster, professional help is available.

Where to get help
• Your local doctor (General Practitioner)
• Your local Child and Youth Mental Health Service
• Your local Child Health Service
• Lifeline (24hr) 131 114
• beyondblue info line 1300 224 636
One day, there was a fire in Birdie’s forest. Birdie had to fly away to be safe from the fire. There were hot flames and a lot of smoke. The firefighters used big hoses to spray the fire with water. Helicopters came and dropped water on the flames.

When the fire was over, Birdie's tree was all black. Birdie felt sad. Helpers brought sticks to build Birdie a new nest. Birdie felt safe and happy again.