



Useful Links



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Supporting Families after Traumatic events - Bushfires.

If you or someone you know has a family with young children who have recently been affected by the recent bush fires, there are valuable resources available to help you and your family support your little ones in understanding the impact of these events. Traumatic incidents like these can significantly affect young children's mental health. Children are highly perceptive; they observe, feel, and absorb everything around them. They also cope in different ways, which may manifest as challenging behaviors, stomachaches, or withdrawal.

The resource links below, will assist families in finding effective ways to support their children's mental well-being during these difficult times.

- <https://www.aaimh.org.au/resources/resources-for-families-affected-by-fires/>
- <https://earlyconnections.org.au/social-story-bush-fire/>
- <https://www.youtube.com/watch?v=C2WLFIC4fRs>
- <https://www.instagram.com/yellow.gum.psychology/>