

Getting through tough times: Resources for families and staff

Where can I go for further information?

The following resources contain further information on what families and staff can do to support children who are affected by trauma:

Childhood Trauma reactions: A Guide for teachers from Preschool to Year 12 is a resource outlining information on trauma reactions in early childhood, supporting children after a traumatic event and further information on the topic. It is available at www.education.qld.gov.au/student-services/natural-disasters/resources/child-trauma-handbook.pdf.

Child development and trauma is a resource outlining information on the development of children and the indicators of trauma in children at different ages. It is available at www.secasa.com.au/infosheet/Child-development-and-trauma_guide_intro.pdf.

beyondblue is a national, independent, not-for-profit organisation working to address issues associated with depression, anxiety and related substance-use disorders in Australia. Information about these topics is available at www.beyondblue.org.au. Steps to seeking help and information related to this process is available at www.beyondblue.org.au/index.aspx?link_id=107 and information on accessing health professionals is available at www.beyondblue.org.au/index.aspx?link_id=107.1007.

The **Australian Psychological Society** is the largest professional association for psychologists in Australia. It spreads the message that psychologists make a difference to people's lives, through improving their health and wellbeing and increasing scientific knowledge. Information on accessing a psychologist is available at www.psychology.org.au/FindaPsychologist/Default.aspx?ID=1204.

Australian Child and Adolescent, Trauma, Loss and Grief Network focuses on providing knowledge, information and resources to a range of stakeholders, supporting local and national networking and linkages between people responsible for, or working with, children, adolescents and their families, and bringing together stakeholders in the areas of practice, policy and research related to children and adolescents with experiences of trauma, loss and grief. Resources including grief and loss, disasters, medical trauma are available at www.earlytraumagrief.anu.edu.au/.

The **National Association for the Education of Young Children (NAEYC)** is a USA based organisation. Its 80,000 members are teachers, administrators, parents, educators and policy makers. *Young Children* is a peer-reviewed professional journal published bimonthly by the NAEYC with useful and practical articles to assist families and staff care and educate young children. Articles on a range of issues relevant to children's development are available at www.naeyc.org/yc such as:

- ▶ Hemmeter, M. L., Ostrosky, M. M., Artman, K. M. and Kinder, K. A. (2008) *Moving Right Along: Planning Transitions to Prevent Challenging Behaviours*. Available at: www.journal.naeyc.org/btj/200805/pdf/BTJ_Hemmeter_Transitions.pdf.

The **Raising Children Network**, funded under the Australian Government's Stronger Families and Communities Strategy, is a national website aimed at helping families care for their children. Articles on a range of issues relevant to children's development are available at www.raisingchildren.net.au.

Articles on a range of issues relevant to helping children affected by trauma are available on this website. A direct link is provided below or click on the babies, toddlers and preschooler tabs and see behaviour to access articles.

- ▶ www.raisingchildren.net.au/articles/other_anxieties.html/context/727.

The **Australian Childhood Foundation** has been established for 20 years and works to help parents and carers raise healthy and confident children and assist professional's support at risk children. The Australian Childhood Foundation website can be accessed at www.childhood.org.au/home/

A direct link to a guide on working with trauma and children is

- ▶ *Making Space for Learning: Trauma informed practice in schools*. Available at: www.childhood.org.au/Assets/Files/bdb91340-c96b-457d-a408-ce4d790e3c00.pdf.



The Office of the Child Safety

Commissioner, Victorian State Government provides advice to both the Minister for Community Services and the Minister for Children on issues impacting on the lives of children, in particular vulnerable children. There are a number of resources that contain information on what families and staff can do to support children who are affected by trauma. Guides on working with children and trauma can be accessed at www.kids.vic.gov.au/ such as

- ▶ *From isolation to connection: A guide to understanding and working with traumatised children and young people.* Available at: www.kids.vic.gov.au/downloads/isolation-to-connection-september-2009.pdf.
- ▶ *Calmer classrooms: A guide to working with traumatised children.* Available at: www.kids.vic.gov.au/downloads/calmer_classrooms.pdf.
- ▶ *Caring classrooms: A guide to understanding traumatised children and young people-for parents and the school community.* Available at: www.kids.vic.gov.au/downloads/final-version-caring-classrooms.pdf.
- ▶ *Wise up to sexual abuse: A guide for parents and carers.* Available at: www.kids.vic.gov.au/downloads/wise-up-booklet.pdf.



There are a number of resources available to assist children during and following natural disasters. Direct links are provided below:

- ▶ **Australian Psychological Society**
Information on how to help psychologically during and after a flood is available at: www.psychology.org.au/news/media_releases/6jan2011/ and www.psychology.org.au/community/topics/flood/
- ▶ **beyondblue**
Information about floods and where to access support is available at: www.beyondblue.org.au/index.aspx?link_id=59.1310.
- ▶ **Lifeline**
Information on providing care in times of crisis is available at: www.lifeline.org.au/Find-Help/Crisis-Support/Community-Crisis/Lifeline-Community-Crisis-Information/default.aspx.
- ▶ **Early Childhood Australia**
'Bushfires and children', a resource about how natural disasters can affect young children and what you can do to support them is available at: www.earlychildhoodaustralia.org.au/pdf/papers/Bushfires2003.pdf.
- ▶ **The Australian National University**
The Australian Child & Adolescent Trauma, Loss & Grief Network at the Australian National University also has a valuable resources for dealing with disasters available at: www.earlytraumagrief.anu.edu.au/.
- ▶ **Raising Children Network**
Information to help support children through a tragedy is available at: raisingchildren.net.au/articles/when_there_is_a_tragedy_-_cyh.html?highlight=tragedy.



This resource and further information on the national KidsMatter Early Childhood initiative is available to download at www.kidsmatter.edu.au. The KidsMatter Early Childhood team also welcomes your feedback which can be submitted through the website.



Australian Government
Department of Health and Ageing



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