

## Resources for Parents and Carers from the Community Trauma Toolkit

### Community Trauma Toolkit

This toolkit contains resources to help and support adults and children before, during, and after a disaster or traumatic event. It will help you understand some of the impacts of disaster and how you can help lessen these impacts.

Visit the [Emerging Minds web hub to access the full suite of resources.](#)



### SHORT ARTICLES

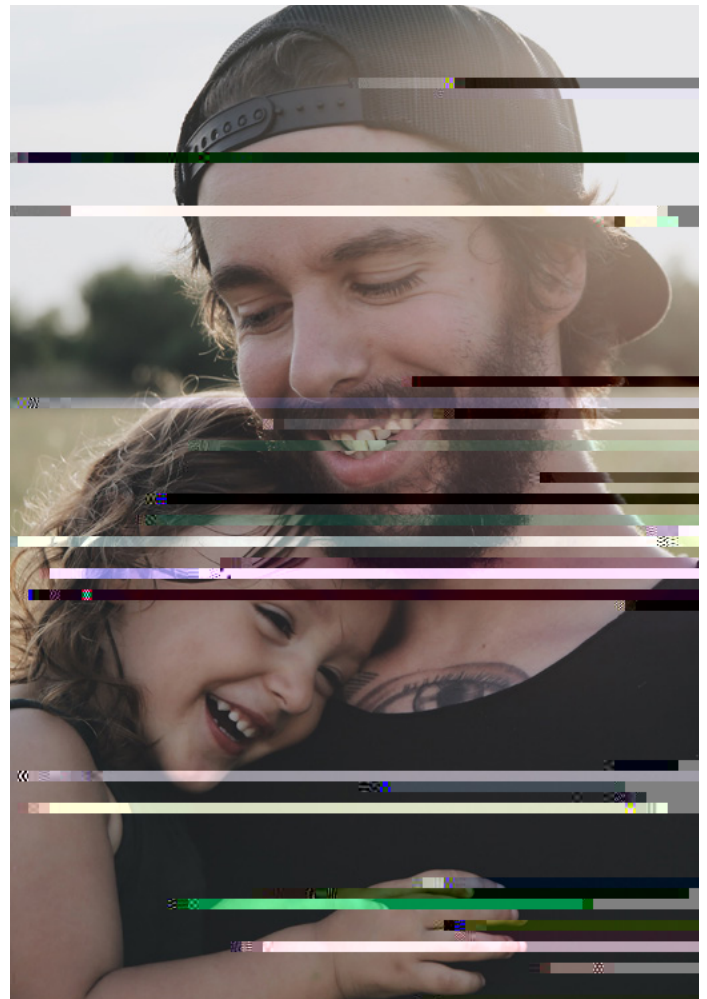
[How parents and caregivers can prepare for a natural disaster](#)

[What parents and caregivers can expect during and immediately after a disaster or community trauma](#)

[How parents and caregivers can support children immediately after a disaster or community trauma](#)

[What parents and caregivers can expect in the short-term after a disaster or community trauma](#)

[How parents and caregivers can support children in the short-term after a disaster or community trauma](#)



[What parents and caregivers can expect in the long-term after a disaster or community trauma](#)

[How parents and caregivers can support children in the long-term after a disaster or community trauma](#)



## PODCASTS

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## FACT SHEETS