

How to access these books:

- ◆ Buy them online using a site like www.booko.com.au
- ◆ Take this brochure to your local bookshop
- ◆ Take this brochure to your local public library or check the library catalogue online
- ◆ Some of these books may be available to borrow from a health service such as 0-4 CYMHS. Check with your clinician or health worker.

The Queensland Centre for Perinatal and Infant Mental Health (QCPIMH) supports parents, caregivers and communities to have the confidence, knowledge, skills and resources to support their own wellbeing and raise emotionally healthy and resilient children.

Queensland Centre for Perinatal and Infant Mental Health (QCPIMH)
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BOOKS ABOUT...

Natural disasters



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Natural disasters

Events like storms, cyclones, floods, bushfires, earthquakes and drought can be difficult for babies and young children. Children may feel frightened or overwhelmed by the event and the clean-up. They may be particularly distressed if the event causes loss, damage, or disruption to the family's usual routines and relationships.

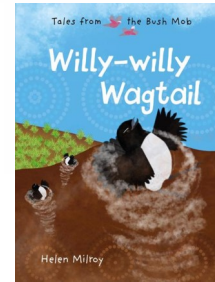
Reading a story with a parent or caregiver can help a child cope with a distressing event. Children need to know it's okay to talk about their emotions, and learn to put into words 'big feelings' like worry and sadness. Following along as a character goes through a natural disaster can help the child come to terms with what has happened.

It may also help young children to hear stories about natural disasters before they happen. Being able to talk about feelings can help children and adults communicate calmly before, during and after the event.

Not every book is for every child. It is a good idea to read each story yourself before reading it to your child. If your child resists a particular story, put the book somewhere they can explore it when they feel ready.

Your child may request the same book over and over. Repetition helps children make sense of ideas and emotions.

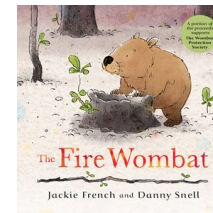
Willy Wagtail
by Helen Milroy, 2020
One day there is a terrible bush fire and Willy Wagtail and Crow get all the Bush Mob to work together to save the Community.
Age range: 5+
ISBN: 9781925936605



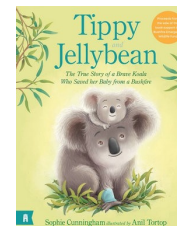
The day she stole the sun
by Cobargo Public school students, 2020
The story of the Cobargo bushfire written and illustrated by the year 5 & 6 student of Cobargo Public School (See website for details on how to purchase)



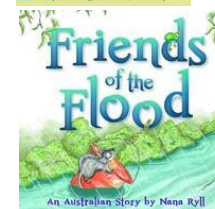
The fire wombat
By Jackie French, 2021
As the flames of a bushfire approach, one small wombat shelters with other animals in her burrow. But that is just the beginning of their journey to safety.
Age range: 3+
ISBN: 9781460759349



Tippy and Jellybean
by Sophie Cunningham, 2020
The true story of a brave koala who saved her baby from a bushfire.
Age range: 4+
ISBN: 9781760878474



Friends of the flood
By Nana Ryll, 2012
A story about cooperation and community during the Queensland floods of 2011
Age range: preschool
ISBN: 9780987184887



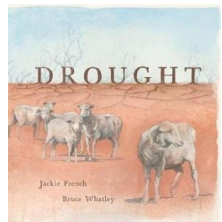
Cyclone
by Jackie French, 2016
Rhyming text tells the story of Cyclone Tracy. Illustrations bring to life the power of the storm
Age range: 4+
ISBN: 9781743623589



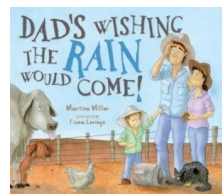
When the storm comes
by Linda Ashman, 2020
Illustrations and easy-to-read, rhyming text show the many different ways in which people and animals prepare for a storm and take shelter.
Age range: 3+
ISBN: 9780399546099



Drought
by Jackie French, 2014
A story about the effects of drought on Australian farmers
Age range: 4+
ISBN: 9781742838199



Dad's wishing the rain would come!
by Martine Miller, 2019
A story about a farming family and their animals waiting for the rain.
Age range: 3+
ISBN: 9781925545845



All I want for Christmas is rain
by Cori Brooke, 2017
A story about a Christmas that is threatened when drought takes hold
Age range: 3+
ISBN: 9781925059953

