

Books about natural disasters and extreme weather

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.



As you read these books with the child, notice their reactions.

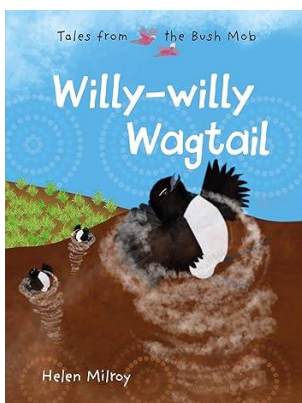
Depending on their age they may:

- look at particular pictures
- point to things that interest them
- want to talk about how the book relates to their own experience

If the child doesn't want to read the story, it may be too close to their own experience and hard to hear. Put the book aside in a place where the child can explore it in their own time.

Children sometimes request the same book over and over. Repetition helps them make sense of new ideas. Hearing the same story again and again can be very comforting.

Not every book is for every child. It's always a good idea to read a book yourself before reading it to a child.

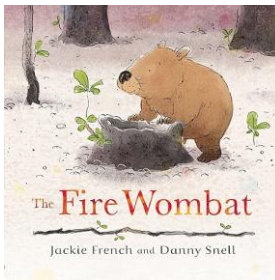


Willy -Willy Wagtail, by Helen Milroy (2020)

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.

ISBN: 9781925936605





The fire wombat, by Jackie French (2021)

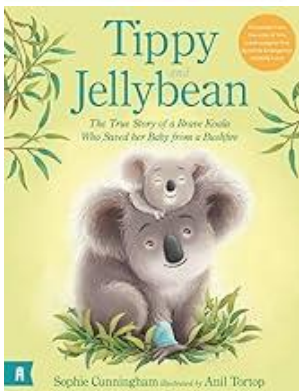
As the flames of a bushfire approach, one small wombat shelters with other animals in her burrow. But that is just the beginning of their journey to safety.

ISBN: 9781460759349



The day she stole the sun, Cobargo Public school students (2020)

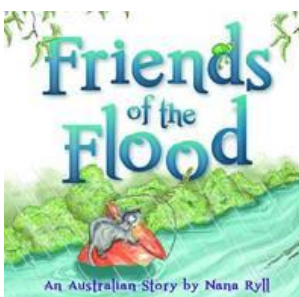
The story of the Cobargo bushfire written and illustrated by the year 5 & 6 student of Cobargo Public School
(See website for details on how to purchase)



Tippy and Jellybean, by Sophie Cunningham (2020)

The true story of a brave koala who saved her baby from a bushfire.

ISBN: 9781760878474



Friends of the flood, by Nana Ryll (2012)

A story about cooperation and community during the Queensland floods of 2011.

ISBN: 9780987184887



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.

ISBN: 9780399546099

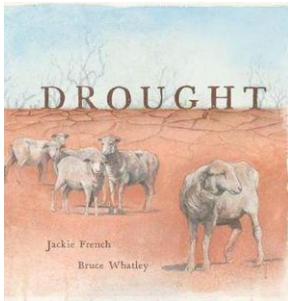




All I want for Christmas is rain, by Cori Brooke (2020)

A story about a Christmas that is threatened when drought takes hold.

ISBN: 9781925059953



Drought, by Jackie French (2014)

A story about the effects of drought on Australian farmers.

ISBN: 9781742838199



Cyclone, by Jackie French (2016)

Rhyming text tells the story of Cyclone Tracy. Illustrations bring to life the power of the storm.

ISBN: 9781743623589

Developed by the Queensland Centre for Perinatal & Infant Mental Health, Queensland Children's Hospital. We acknowledge the input of consumers and carers.

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Disclaimer: This information has been produced by healthcare professionals as a guideline only and is intended to support, not replace, discussion with your child's doctor or healthcare professionals. Information is updated regularly, so please check you are referring to the most recent version. Seek medical advice, as appropriate, for concerns regarding your child's health.

