

What is Birdie's Tree?



Birdie's Tree is a suite of resources to help families prepare for, cope with and recover from a natural disaster.

Birdie's Tree particularly helps to support the mental health and emotional wellbeing of:

- expectant and new parents
- babies
- young children

Most Birdie's Tree resources are available for free. Go to

<https://www.childrens.health.qld.gov.au/natural-disaster-recovery/> or just Google 'Birdie's Tree'

Birdie Storybooks

From the website, you can read 7 Birdie storybooks on a computer, tablet or mobile phone:

- Birdie and the Flood
- Birdie and the Cyclone
- Birdie and the Fire
- Birdie and the Earthquake
- Birdie and the Drought
- Birdie and the Very Hot Day
- Birdie and the Big Sickness

Full-colour professionally-printed copies of the books can be purchased for \$10 per book (order via Birdie's Tree website, under 'About Birdie's Tree', or email Birdies-Tree@health.qld.gov.au)

Birdie's Tree Games

There are 7 interactive games that parents, teachers and carers can play with small children.

Based on the Birdie storybooks, these games explore weather, feelings, and 'who helps' in an emergency.

- Colour in
- Build a face
- How does Birdie feel?
- Singalong
- Jigsaw sounds
- Who helps?
- Clean up



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Information Sheets and Booklets

'Recovering Together' Information Sheets provide simple information to help adults care for their own emotional health during a natural disaster, and support children in their care.

'Recovering Together' Booklets provide more detailed information, including suggestions about where to seek help if life takes a while to get back on track after a natural disaster.

This information is helpful for parents and carers of children of any age.

- Recovering together after a natural disaster – Information Sheets for Flood, Cyclone, Earthquake, Tsunami, Fire, Drought
- Recovering together after a natural disaster in pregnancy and early parenthood – Information Sheet
- Recovering together after a natural disaster with babies and young children – Information Sheet
- Recovering together after a natural disaster in pregnancy and early parenthood – Booklet
- Recovering together after a natural disaster with babies and young children – Booklet

Information sheets and booklets are available through the Birdie's Tree website as downloadable and printable PDF files.

Early Childhood Curriculum

The Birdie's Tree Early Childhood Curriculum supports children and educators in early childhood education and care settings, who have been affected directly or indirectly by natural disasters. See the Birdie's Tree website under 'Birdie's Tree Early Childhood Curriculum' to register for access to the curriculum.

Birdie's Tree Recovery Program

Birdie's Tree Recovery is a clinical program for babies and young children who are struggling to recover from the emotional impacts of a natural disaster. For more information, contact Birdies-Tree@health.qld.gov.au

Proudly funded by the Australian and Queensland Governments through the Disaster Recovery Funding Arrangements



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