



Children and Trauma After the Fires

In Victoria the bushfires of Saturday, 7 Feb 2009 were a tragedy, and as a result many adults and children are suffering from the trauma.

Here is a range of books and resources that encourage conversations on aspects of grief, resilience and some of the feelings that children will experience as they begin to unravel what has happened to them, and to work through their terrible and terrifying ordeals and gradually rebuild their lives.

Of course many of these are suitable for recovering from trauma caused by other circumstances, but here we want to acknowledge the courage and resilience of those involved in the events of 7 February 2009 - after the fires.

Beginnings and Endings with Lifetimes in Between
Bryan Mellonie & Robert Inghen

Big Words for Little People
Jamie Lee Curtis & Laura Cornell

Blue Day Book for Kids: A Lesson in cheering yourself up
Bradley Trevor Greive

Bush Babies
Kim Dale

Feeling Sad
Sarah Verroken

Huge Bag of Worries
Virginia Ironside

I Feel Frightened
I Feel Jealous
I Feel Sad
I Feel Angry
Brian Moses & Mike Gordon

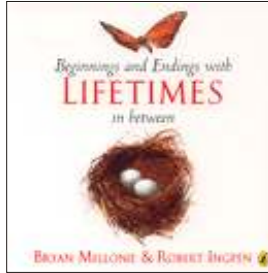
I Have Feelings
Jana Novotny Hunter

It's Just Different Now
Linda Espie

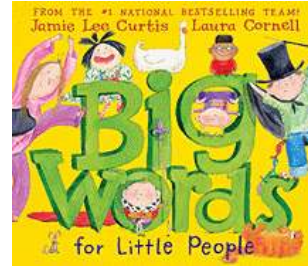
It's Not Fair
Brian Moses & Mike Gordon

The Last Tree
Mark Wilson

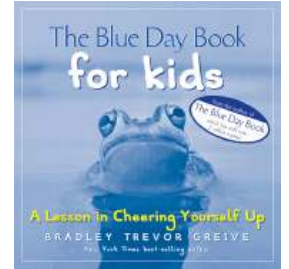
My Book Full of Feelings
How to control and react to the size of your emotions
Amy Jaffe and Luci Gardner



Have you ever wondered why a butterfly lives for only a few weeks? Or why a tree lives for hundreds of years? There is a beginning and an ending to everything that is alive. In between is a lifetime. Dying is as much a part of living as being born.



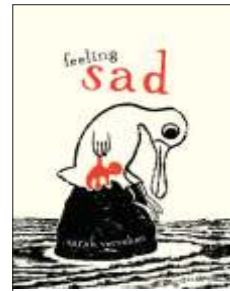
With grown-up words like CO-OPERATE, RESPECT, PATIENCE and CONSIDERATE the power of language is CELEBRATED showing that words - big or little - are the bridge that CONNECTS us all. Zany images and boisterous rhyme also show that LOVE is the biggest word of all.



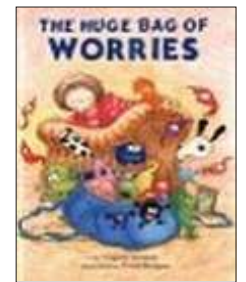
When children feel tired, grumpy left out or think that nothing ever goes to plan, these animals show how to laugh off the unexpected rain a blue day can bring.



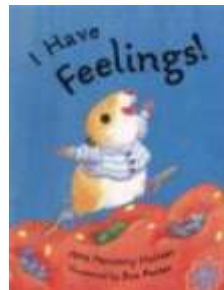
Here are all the adorable bush babies with fauna facts to inform and delight children and inspire in them a love of Australian wildlife. After the fires wildlife is also having to 'rebuild'.



With black clouds hanging over her head, and her world full of darkness, Duck is feeling sad. She is overwhelmed until she hatches a plan to bring the colour back to her surroundings. She sets off with her toy, Dudley, to find the sun. Will she find it, or will it find her first?



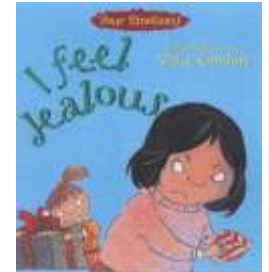
Wherever Jenny goes her worries follow her - in a big blue bag. Jenny decides the worries will have to go, but she's not sure how to get rid of them or who can help her with them? Very reassuring for worried kids, with an important message.



"Everybody has feelings, especially you and me. Waking up is my best time - then I'm feeling happy. And when we go to the park I feel really excited. But when my baby sister gets first turn on the swing, I start feeling jealous. A lovely book to help young children learn about their emotions.



This is a beautiful book to help children who are grieving. This story is about Henry. His parents have separated. He wants things to be the way they were, but A useful book for talking about grieving, regardless of the cause.



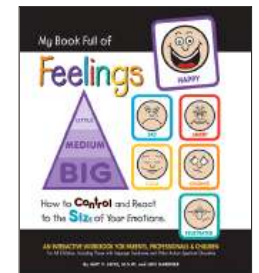
Young children experience many confusing emotions in their early years. This series of picture books examines some of them in an amusing but reassuring way, showing strategies to deal with them. Notes for parents and teachers.



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A beautiful eucalyptus tree grew in one of the old growth forests of south-eastern Australia. It was the centre of life in the forest and provided food and shelter for many forest dwellers for hundreds of years. But what happens when the old tree is threatened as the surrounding forest slowly disappears?



Helps teach children to identify, access the intensity of, and respond appropriately to their feelings. The book is interactive and can be used with a dry-erase marker so that unique situations and solutions can be added and changed with a wipe of a paper towel, as the child masters a skill and grows.



The Invisible String
Patrice Karst & Geoff Stevenson

No Matter What
Deb Gliori

Silly Billy
Anthony Browne

Tear Soup
A Recipe for Healing after Loss
Pat Schwiebert and Chuck DeKlyen

Today I Feel Silly and Other Moods that Make My Day
Jamie Lee Curtis & Laura Cornell

The Way I Feel
Janan Cain

When I'm Feeling Angry
When I'm Feeling Happy
When I'm Feeling Jealous
When I'm Feeling Kind
When I'm Feeling Lonely
When I'm Feeling Loved
When I'm Feeling Sad
When I'm Feeling Scared
Trace Moroney

What Friends Do Best
Jonathan Emmett and Nathan Reed

When My Worries Get Too Big!
A Relaxation book for children who live with anxiety
Kari Buron

Where There's Smoke
Robin Lovell & David Mille

Wombat Goes Walkabout
Michael Morpurgo

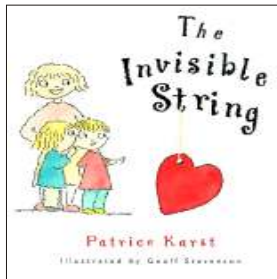
The Wrong Stone
Russell Deal

Stories can help children know that how they feel is shared by many other children. They can also learn that even in the scariest of times, there is always hope.

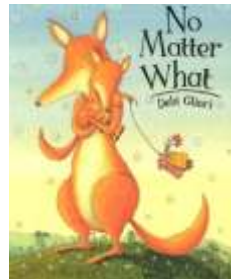
US NACCRRRA has some excellent pdf publications on its website that are worth having a good look at.
naccrra.org/for_parents/coping/trauma.php

TO ORDER - Please complete the order form at the end of this file and fax to 03 9813 2533 or ring us on the same number

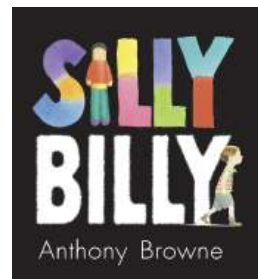
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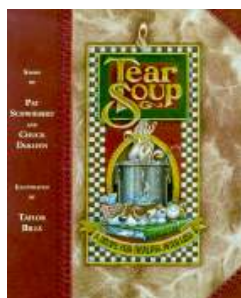
Mums and Dads feel the tug whenever kids give it a pull. Kids feel the tug that comes back to them. What are we talking about? The Invisible String that reaches from heart to heart.



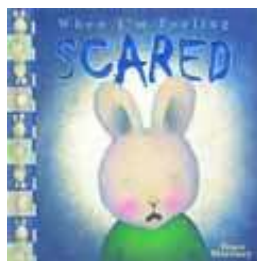
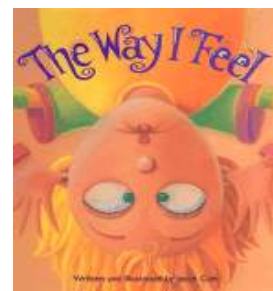
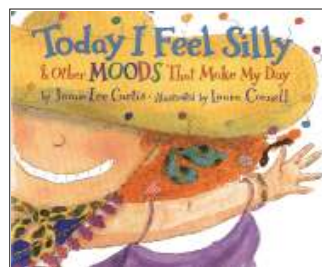
Will Large love Small forever, no matter what? The answer - of course - is yes, as every parent knows. But sometimes little ones like Small need to be convinced. "It's like that with love - we may be close, we may be far, but our love still surrounds us wherever we are."



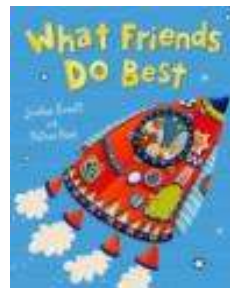
Billy is a bit of a worrier. He worries so much he can't sleep. Luckily Grandma knows just what he needs to help him overcome his fears. And once Billy learns Grandma's secret, he finds he never has to worry again.



"What's true about soup making, is also true about grieving." Grandy has just suffered a big loss in her life so she's cooking her own batch of "tear soup" which will help bring her comfort and ultimately help to fill the void in her life that was created by her loss.



With notes for parents included, this series of books helps children understand their feelings. Others in the series are **Angry, Sad, Kind, Loved, Jealous, Lonely, Happy.**



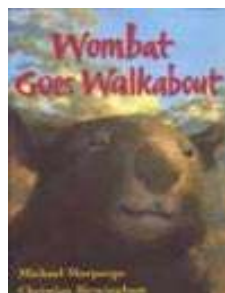
Building things is what Winston does best. He's built a boat for Alice and a motorbike for Ralph. But it's not until Winston builds something REALLY BIG, that he finds out what friends do best ... A delightful story about friendship and accepting help.



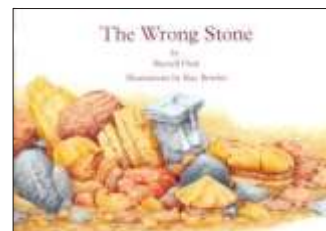
Written to help children, parents, and teachers understand about the anxiety experienced by children on the autism spectrum, this little book with its five point rating scale of worry is also useful for children who experience general anxiety and who need strategies to be able to return to a calm state.



"It's getting very hot and the wind's picking up. I smell smoke and ashes are flying onto our place." One hot summer day a bushfire threatens Bodie's farm, and time is running out. Will his home be saved?



Wombat wanders through the outback looking for his Mum and meeting all of the bush animals who don't take much notice of him until danger threatens the bush and the wombat comes up with a brilliant idea...



The competitive element in this group of stones emerges when the stonemason is asked to build a wall of perfect stones. So what of the Wrong Stone, will he fit, and where? Does everyone have a place?



FOR ADULTS HELPING CHILDREN

Annie Stories: Helping young children meet the challenges of growing up
Doris Brett

Children & Disasters
Norma Gordon

Counselling Adolescents
Kathryn Geldard & David Geldard

Counselling Children
Kathryn Geldard & David Geldard

Dealing With Disappointment
Elizabeth Cray AND

Harry the Hypno-Potamus: Metaphorical tales for the treatment of children Volumes 1 & 2
Linda Thomson

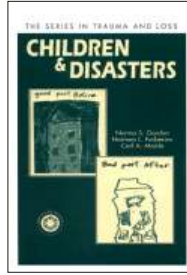
Play Therapy With Children In Crisis: Individual, Group and Family Treatment
Nancy Boyd Webb, ed.

Playful Approaches to Serious Problems: Narrative therapy with children and their families
Janet Freeman, David Epstein

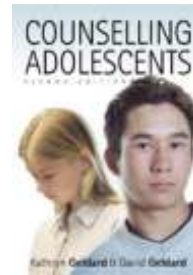
Sometimes I Feel ...
Samantha Seymour

Understanding Children's Drawings
Cathy Malchiodi

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Addresses the needs of children involved in disasters by examining the impact of major disasters on their mental health and emotional functioning. Programs described are designed to provide early intervention to children and families undergoing stress reactions to a catastrophic event.



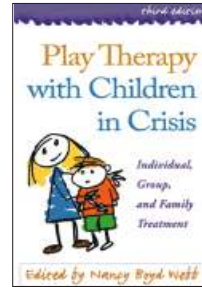
A practical introduction to the principles and practices required for successful counselling of this age group. Has a chapter on making use of adolescent communication processes and another on the way psychotherapeutic process can promote change in adolescents. 2nd ed.



Highly acclaimed, widely used 3rd ed presents the theory and practice of counselling children in straightforward, jargon-free terms. Includes a sequentially planned integrative model, selection and use of a range of media, activities and play, and much more for those working with children.



Children need to learn to handle all the disappointments we are beset with daily. This book tackles techniques that are useful, and can be used with **Self-Calming Cards**.



Presents effective, creative approaches to helping children who have experienced stressful situations including parental death and natural disasters. This 3rd edition reflects the latest knowledge on crisis intervention, trauma, and short-term play therapy.



The highly effective techniques of narrative therapy include children by respecting their unique language, stories, and views of the world. This book describes techniques that clear the way for stories of hope, possibility, and change.

A catalogue of PARENTING CHILDREN is available on the website and might also be useful for parents

Check out the website peoplemaking.com.au

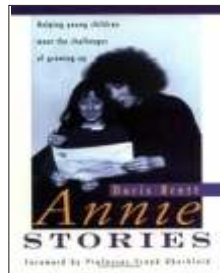
There is also a catalogue of POSTERS



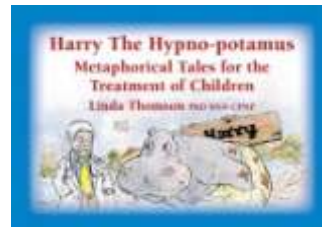
Combines sensitively photographed stories of children who feel worried, shy, angry or sad, with information for parents on ways to help their children acknowledge and handle these feelings. For parents, and children ages 2-7



Illustrated with over 100 children's drawings, demonstrates how all clinicians can broaden and enhance their work with young people by integrating drawing into therapy. Questions to ask, how to motivate children who are resistant and how to assist children in making art..



Designed to allow children under 10 to explore situations in an engaging, non-threatening way through the experience of an imaginary boy or girl much like themselves. Each story mirrors the real-life emotions and anxieties common in childhood. Shows parents how to adapt stories to be suitable for their own children's needs.



This two books are a collection of metaphorical stories that deal with a variety of physical and behavioural problems faced by children. The 32 stories are about different animals that live in the Ashland Zoo. Each is faced with a physical or emotional problem and learns specific hypnotherapeutic techniques and self-regulatory strategies to help master the problem. For most children an altered state of consciousness is familiar, comfortable and quite easy to achieve. An integral part of child's play is imagining and pretending. Children not only explore but experience their surroundings. They want to engage with others and their environment, and are relentlessly curious about the how and why of everything. Fantasy may be employed to change or avoid an unpleasant situation, gratify unmet needs, remember the past, or invent the future.

