

# Birdie's Tree

Growing together through natural disasters



# Queensland Centre for Perinatal and Infant Mental Health

Welcome to Birdie's Tree! Natural disasters like storms, cyclones, floods or fire can be very frightening and upsetting for babies and young children. Playing a therapeutic game or reading a story with a caring adult can help a young child work through the scary experiences and 'big feelings'.

There's information for parents and carers too. Come and meet Birdie and Mr Frog!



[www.childrens.health.qld.gov.au/natural-disaster-recovery](http://www.childrens.health.qld.gov.au/natural-disaster-recovery)



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