

# 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 or disruptive event.

Birdie's Tree particularly helps support mental health and emotional wellbeing for:

- expectant and new parents
- babies
- young children

While the stories were originally written for children aged 0 to 4, we are finding they are helping children who have experienced disruptive events, up to at least mid-primary school age.

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 8 Birdie storybooks on a computer, tablet or mobile phone:

- Birdie and the Flood – English
- Birdie and the Cyclone – English, Somali, Arabic, Burmese, Chinese, Vietnamese, Dari, Hindi, Samoan
- Birdie and the Fire – English, Somali, Arabic, Burmese, Chinese, Vietnamese, Dari, Hindi, Samoan
- Birdie and the Earthquake – English
- Birdie and the Drought – English
- Birdie and the Very Hot Day – English
- Birdie and the Big Sickness – English
- Birdie and the Virus – English, Chinese, Japanese, Korean, Farsi, Italian

Full-colour professionally-printed copies of the books in English can be purchased for \$10 per book (email [Birdies-Tree@health.qld.gov.au](mailto:Birdies-Tree@health.qld.gov.au))

An animation of Birdie and the Virus is available, along with a hand-washing song (<https://www.childrens.health.qld.gov.au/covid-19-birdie-virus/>).

Auslan translations of Birdie and the Big Sickness and Birdie and the Virus are accessible on YouTube.

## Birdie's Tree Games

There are 9 interactive games that parents, teachers and carers can play with small children.

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

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|-------------------------|---------------------|
| ® Colour in             | ® Who helps?        |
| ® Build a face          | ® Dress the helper  |
| ® How does Birdie feel? | ® What helpers need |
| ® Singalong             | ® Make it better    |
| ® Jigsaw sounds         |                     |



## Information Sheets and Booklets

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

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

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. Email [Birdies-Tree@health.qld.gov.au](mailto:Birdies-Tree@health.qld.gov.au) 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](mailto:Birdies-Tree@health.qld.gov.au)

## Other resources coming soon

- 'Relaxing with Birdie' – a 15-minute movement routine to help children calm down, manage anxiety, and relax before bed or naptime.
- 'Fun With Birdie' – hours of colouring, puzzles and activities to help children process challenging experiences and stay calm through trying times.
- Codesigned resources for Aboriginal and Torres Strait Islander families



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