

## Understanding Child Mental Health e-learning course

This course explores mental health for children aged 0–12 years. It will help practitioners to identify the factors that support positive mental health in children, and understand how the different parts of a child's world interact to influence their social and emotional wellbeing.

Throughout this course, learners will be invited to consider the foundational importance of a child's relationship with their parent(s) or caregiver(s), and to reflect on the factors that can affect this relationship.

### Who is this course for?

This course will provide the necessary foundational knowledge for learners who want to enhance their work with children, families or parents, to develop their understanding of child mental health or to further engage with Emerging Minds' resources.

*Note: This course is intended as an introduction to child and infant mental health, and the continuum of child wellbeing. It outlines the factors to consider when supporting a child and their family, but does not include specific practice techniques.*

### Why was this course developed?

This course is a foundation for all Emerging Minds e-learning courses. It will provide learners with key understandings that will support their engagement with any of the areas that they choose to pursue within Emerging Minds' resources.

### How was this course developed?

The course was developed in collaboration with stakeholders from academia, children and family services, child mental health experts and with parents with lived experience of service delivery. A comprehensive literature review was undertaken regarding the ages and stages of mental health in Australian infants and children.



### Course duration

This course will take approximately one hour to complete, and includes reading the material, videos and reflective activities. It is designed to be undertaken individually, but can also be used as a prompt for conversations between colleagues.

### Learning outcomes

As learners progress through this course, they will work towards being able to:

- describe the factors that contribute to children's positive mental health
- define the range of interconnected factors that exist in children's relational and social world that affect children's mental health
- recognise that children's mental health and wellbeing occurs along a dynamic continuum, from positive mental health to diagnosed mental health conditions
- explain the central role of the parent-child relationship, and how the parent's circumstances, parent behaviour, and the child's inner emotional world are interconnected
- describe how mental health difficulties can present in children, and that this is different to how adult mental health difficulties present.

Visit the course at:  
[emergingminds.com.au/training](https://emergingminds.com.au/training)

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The NWC is led by Emerging Minds and delivered in partnership with the Australian Institute of Family Studies (AIFS), the Parenting Research Centre (PRC), the Australian National University (ANU) and the Royal Australian College of General Practitioners (RACGP).

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