

### Start your learning here

Mental health is a vital component of a child's development and lifelong wellbeing. These courses have been developed to build your knowledge of child mental health and the opportunities you have to improve child outcomes.

### Courses tailored to your needs

These courses introduce practice-based learning and application to match the specific challenges your sector faces.

### Supporting resources

The following resources are specific to your practice setting and support the knowledge gained throughout the courses we've recommended. Make sure to save your favourite resources by adding them to My List when you're logged in.

1 HR	<b>Understanding child mental health</b> This course explores mental health for children aged 0-12 years. It will help practitioners to identify the facts that support positive mental health in children.
3 HR	<b>Intergenerational mental health</b> This course supports professionals to apply an 'intergenerational lens' to their work, to better understand histories and impacts of family disadvantage.
1 HR	<b>The impact of trauma on the child</b> This course introduces key understandings about trauma and adversity, and their impact on children.
4 HR	<b>Supporting children who have experienced trauma</b> This course aims to use trauma-informed practice to study the detail and skills of therapeutic engagement.
2 HR	<b>Engaging with parents</b> This course focuses on ways to actively and effectively engage with parents about their children's social and emotional wellbeing.
1 HR	<b>Engaging with children</b> This course introduces the concepts of engaging children as partners in practice, as a foundation for responding to child mental health concerns.
1.5 HR	<b>Working with First Nations families and children - A framework for understanding</b> This course is designed to assist non-Aboriginal practitioners to develop the skills and understanding to build genuine partnerships.

4 HR	<b>Parental chronic physical illness and child-aware practice</b> This course is based on the evidence that parental chronic physical illness can have a direct impact on children's mental health. Health professionals working with parents experiencing chronic physical illness are well placed to hold preventative conversations to help reduce the negative impacts for children.
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	<b>Adverse Childhood Experiences (ACEs) Toolkit</b> This toolkit contains information, advice and practical tools for individuals and professionals who work with, or care for, children who have had adverse childhood experiences.
	<b>Child-focused practice in adult-focused services Podcast</b> In this episode, Jonathon Main from Relationships Australia SA (RASA) discusses some of the implementation drivers that promote child-focused practice in services which mainly work with adults.
	<b>Child360 App</b> This app is a tool for parents to reflect on how they are going in supporting their children's social and emotional wellbeing and identify areas where action can be taken to strengthen resilience.
	<b>Aboriginal children and the effects of intergenerational trauma Webinar</b> This webinar explores the effects of intergenerational trauma on Aboriginal and Torres Strait Islander children and families, and outlines current research on the importance of cultural competence.
	<b>Six ways to support child-focused practice in adult services Practice paper</b> This paper details support and development processes that will build the confidence and competence of adult service professionals.
	<b>Parental mental health and parenting: How are they related? Short article</b> This article explores how a parent's mental health relates to their parenting, and why mental health problems do not necessarily lead to poor parenting.

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