

## 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.

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.







## Courses tailored to your needs

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

1 HR	<b>The impact of family and domestic violence on the child</b> This course provides you with an introduction to the impact of family and domestic violence (FDV) on children.
2 HR	<b>Family and domestic violence and child-aware practice</b> This course examines opportunities to engage in a prevention and early intervention approach to promote children's mental health and wellbeing in the context of family and domestic violence (FDV).
3 HR	<b>Engaging with children: Good beginnings</b> This course seeks to develop practitioner confidence in utilising a range of practice skills in beginning to work with children in relation to their mental health and social and emotional wellbeing.
2 HR	<b>Engaging with children: Rich pictures</b> This course focuses on range of practice skills for beginning to develop a rich picture of children's strengths, skills, know-how and values.
2 HR	<b>Engaging with children: Shrinking problems</b> This course focuses on developing practitioner confidence to work with children, understand their perspective on their problems and begin to reduce the impact of those problems on the child's mental health.

## 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.

	<b>FDV and children In focus</b> Learn more about the skills and confidence needed to talk with parents about how FDV is affecting not just them, but their children's health, development and wellbeing.
	<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> Hear insights on how screening, assessment, practice policy, recruitment and supervision all have a role to play in ensuring that children's social and emotional wellbeing is at the forefront of all adult-focused service delivery.
	<b>While I'm Away App</b> The While I'm Away app is designed to help parents support the mental health and wellbeing of their child, should they need to be cared for by someone else.
	<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.