

### 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>Building blocks for children's social and emotional wellbeing</b> This course explores important concepts and ideas related to child mental health and development, and investigates the child's social and emotional wellbeing within the context of their family, community and networks.
4 HR	<b>Supporting parents to promote children's social and emotional wellbeing</b> This course explores entry points and opportunities for conversations between practitioners and parents which support children's social and emotional wellbeing.
1 HR	<b>Understanding child mental health and chronic physical conditions</b> This course will provide you with an introduction to the impact of chronic physical conditions on the mental health of children aged 0-12 years.
3 HR	<b>Supporting children who disclose trauma</b> This course examines practice strategies for supporting children who have disclosed trauma or abuse directly to you or another person, or children who you know have experienced trauma or abuse.
1.5 HR	<b>Understanding childhood bullying and mental health</b> This course covers the five key aspects that can influence a practitioner's understandings of childhood bullying, while building an understanding of how children experience bullying and the impacts on mental health outcomes.

### 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>Supporting children's mental health during a pandemic Toolkit</b> This toolkit contains resources that will assist practitioners and parents and carers to support children's mental health during pandemic events such as Coronavirus (COVID-19).
	<b>The power of play Podcast</b> In this episode, we speak with occupational therapist Sarah Seekamp about the importance of play for child social and emotional wellbeing.
	<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>Prevention and early intervention In focus</b> Considering all the elements of the child's ecology can help you to find opportunities for early intervention and prevention. Find out more about prevention and early intervention, and how you can contribute.
	<b>Sharing information with parents about children's social and emotional wellbeing: A step-by-step approach Practice paper</b> This resource outlines how practitioners in universal health, education and community service settings can share high-quality information with parents about children's social and emotional wellbeing in an engaging and respectful way.

To view all e-learning courses and resources visit

[learning.emergingminds.com.au](https://learning.emergingminds.com.au)

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