

## 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.
2.5 HR	<b>Promoting infant and toddler mental health with parents</b> This course explores the ways practitioners can support parents, by providing reassurance, guidance, information or resources, to promote positive mental health in their infant or toddler.
2 HR	<b>Supporting children in early learning following a disaster or community trauma</b> This course, developed in partnership with Beyond Blue, Be You has been developed to provide educators with a foundational understanding of their role in the recovery process.
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>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>The power of play Podcast</b> In this episode, occupational therapist Sarah Seekamp shares the importance of play for child social and emotional wellbeing, and the benefits of child-led play for parent-child relationships and healthy child development.
	<b>Child360 App</b> This app has been designed as 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>Parent-child play: A mental health promotion strategy for all children Webinar</b> This webinar discusses how practitioners can use child-led play to assist families to improve parent-child relationships and child mental health.
	<b>Parent-child play: A mental health promotion strategy for all children Practice paper</b> This resource provides practical information on the use of play to strengthen child-parent relationships and promote children's mental health, developed for practitioners working with families who have children aged 0-12 years.
	<b>Educators and childhood trauma reactions: how and when to get help Fact sheet</b> This fact sheet outlines how educators can understand when children might require additional help following a traumatic event, as well as how they can arrange help for students.

To view all e-learning courses and resources visit

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

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