

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

### Understanding child mental health

1HR

Explore what mental health looks like for children aged 0-12 years and learn how to identify the factors that support positive child mental health and wellbeing.

### Supporting children's mental health when working with separating parents

2HR

This course focuses on making children's wellbeing a central aspect of the conversations practitioners have with parents who are going through separation or divorce.

It outlines the potential impacts of relationship separation on parents and their parenting, and considers the potential impacts of parental separation on children's mental health and wellbeing.

### Supporting resources

The following resources support the knowledge gained throughout the courses we've recommended. Make sure to save your resources by adding them to your Favourites when you're logged in.



#### Supporting children's wellbeing when working with separating parents **Webinar**

This webinar explores practitioners' child-centred work with separating parents to support the child's wellbeing and parent-child relationship.



#### How to speak with separating parents about their children's wellbeing **Practice paper**

This resource outlines the importance of making children's wellbeing a central aspect of the conversations practitioners have with parents who are going through separation or divorce, and aims to address the gap by summarising the best-practice principles on parenting during separation.



#### Working with separating parents to support children's wellbeing: What can we learn from evidence-based programs? **Practice paper**

One of the most effective ways to safeguard children's wellbeing post-separation is to support their parents in the process. This resource provides information on working with separating parents to support their children's wellbeing.



#### Positive post-separation parenting **Podcast**

Join Dr Priscilla Dunk-West, social worker and sociologist, for an exploration of her research findings and discussion of the key elements that support positive parenting after divorce or separation.