



Replanting the Birthing Trees: Supporting Aboriginal and Torres Strait Islander families and children in the first 2,000 days

online course

Aboriginal and Torres Strait Islander peoples should be aware that this resource may contain images or names of people who have passed away.

About this course

The *Replanting the Birthing Trees: Supporting Aboriginal and Torres Strait Islander families and children in the first 2,000 days* online course focuses on the first 2,000 days of a child's life and honours the wisdom of Aboriginal and Torres Strait Islander parenting practices that have endured for over 60,000 years. It invites practitioners to be curious, notice this ancient knowledge and consider how it can be applied in contemporary practices. It also asks practitioners to reflect on the factors that interrupted Aboriginal and Torres Strait Islander ways of *knowing, being and doing* alongside the obstacles and opportunities that exist in the perinatal birthing care sector.

Throughout the course learners will need to review knowledge gained from Western understandings. They'll learn about the cultural considerations that support Aboriginal and Torres Strait Islander children and families, and what the barriers and opportunities are for non-Indigenous practitioners in providing support to Aboriginal and Torres Strait Islander children and families.

Why was this course developed?

Replanting the Birthing Trees follows on from the *Healing the Past by Nurturing the Future* online course and is part of a project developing perinatal awareness, recognition, assessment and support strategies for Aboriginal and Torres Strait Islander parents experiencing complex childhood trauma. Designed in collaboration with the Healing The Past By Nurturing The Future project team, this course is the next step in developing practitioners' connections and practice with families through this vitally important period in life.

How was this course developed?

This course was co-created with Aboriginal and Torres Strait Islander knowledge holders through a process and approach of inclusive content development, preferencing Aboriginal and Torres Strait Islander knowledges and ways of *knowing, being and doing* to work towards pedagogical and epistemological equality.

This course is one training package in the Replanting The Birthing Trees project, a highly innovative project to support Aboriginal and Torres Strait Islander parents and babies. This Aboriginal and Torres Strait Islander-led project aims to help caregivers achieve their hopes and dreams for a happy, safe and healthy family. It is founded on the idea of a Birthing Tree, and re-establishing the safe and sacred spaces used by Aboriginal and Torres Strait Islander women on Country for thousands of years. The parts of a Birthing Tree are aligned with the six streams of the project – we invite you to learn more about this concept and project on the [Replanting The Birthing Trees website](#).

Who is this course for?

This course is designed for non-Indigenous care providers working with Aboriginal and Torres Strait Islander families in the first 2,000 days of a child's life. This includes those practitioners working in Aboriginal and Torres Strait Islander community-controlled or mainstream services, and those working in private practice, including: general practitioners, paediatricians, paediatric nurses, midwives, obstetricians, child and family practitioners, mental health nurses, psychologists, early childhood educators and social workers.

This resource was co-produced by:



The National Workforce Centre for Child Mental Health (NWC) is funded by the Australian Government Department of Health under the National Support for Child and Youth Mental Health Program.

Visit our web hub today!

**Emerging
minds.
com.au**