

Emerging Minds

National Workforce Centre
for Child Mental Health

My child's support network - extra worksheets

1. Your child's connections

Your child's name:

Name:

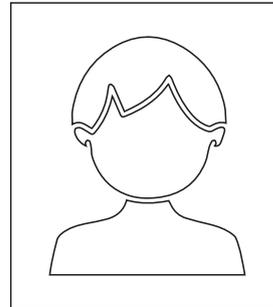
What roles do they play in your child's life?

Name:

What roles do they play in your child's life?

Name:

What roles do they play in your child's life?



Your child's
photo here

Name:

What roles do they play in your child's life?

Name:

What roles do they play in your child's life?

Name:

What roles do they play in your child's life?

2.

Identify your child's supports

It can be helpful for you to build on your child's support network and strengthen these relationships for periods when you or your family are going through tough times or changes.

Completing the following questions helps you to think about:

- your child's needs
 - what role the people in your child's network could play in supporting your child
- and
- what you would like them to do and what they might need to understand.

Your child needs to:

- feel safe and nurtured
- be provided with emotional support
- know who they could ask questions and get honest answers from
- have someone they could ask for help and receive help from
- have fun
- connect with their community (e.g. sport, groups, cultural activities)
- have somewhere to stay overnight (if needed) and have somewhere to stay for a few days (if needed).

Who else supports your child with their needs?

Is there more you would like this person to consider or do to support your child?

When times are tough what else would you like this person to do to support your child?

When can you have a conversation with this person about this? Who could support you to have this conversation?

Is this a person your child could contact in an emergency? Contact details and phone number:

My connections (child's perspective)

When I am at home

Who can answer my questions if Mum/Dad are experiencing a tough time?

Who helps me to stay involved in things I like to do (e.g. sport, music, drama, dance, groups)?

Who will look after me if Mum/Dad are experiencing a tough time?

Who can I talk to when I am upset, worried or scared?

Who can I spend time with to have some fun?

Who can I play with?



My connections (child's perspective)

When I am at school

My teacher is:

Where can I go if I need some time out?

Who can I play with?

Who can I talk to when I am upset, worried or scared?

Who can help me to get to school and to get home?

In an emergency I can call these people:

Name:

Name:

Name:

Kids Helpline: **1800 55 1800**

Contact number:

Contact number:

Contact number:

Delivery partners:



The National Workforce Centre for Child Mental Health 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**

