

Building Blocks for Children's Social and Emotional Wellbeing e-learning suite

This suite of courses explores important concepts related to child mental health and development, and investigates children's social and emotional wellbeing within the context of their family, community and networks.

Learners will explore entry points and opportunities for conversations with parents that support children's social and emotional wellbeing.

The courses look at practical ways to work in partnership with parents to identify the most relevant and appropriate information for their situation and context. They specifically focus on conversations which offer support, reassurance, guidance, information, or resources to assist parents in promoting positive mental health in their children.

Why was this suite developed?

This suite responds to the needs of practitioners and families who report an absence of good quality information to support children's social and emotional wellbeing. Providing parents with relevant, quality information about children's mental health aligns with our focus on prevention and early intervention. If parents can discuss their concerns with practitioners and pursue appropriate support when needed, this will help support their children's wellbeing in the long-term.

How was the suite developed?

The courses were developed in stages beginning with a consideration of the desired learning outcomes. Research evidence was used to develop written content, and fictional family scenarios and practitioner interviews helped to further shape and build the courses. Throughout the process, we sought feedback and guidance from subject matter experts, including parents with intergenerational experiences of mental ill-health (i.e. their parents and/or their children).



Who are the courses for?

Building Blocks for Children's Social and Emotional Wellbeing (45-60 minutes)

This course is for all practitioners working with parent-clients where issues or concerns about the client's children are raised (either by the parent or the practitioner); and where the appropriate response is to offer prevention or early intervention support, guidance, information or resources to assist the parent to support their child's positive social and emotional wellbeing.

Supporting Parents to Promote Children's Social and Emotional Wellbeing (3 - 4 hours)

This course is for allied health practitioners working with parent-clients where issues or concerns about the client's children are raised (either by the parent or the practitioner), and where the appropriate response is to offer anticipatory guidance.

Promoting Infant and Toddler Mental Health with Parents (3 - 4 hours)

This course is for all practitioners working with infants and toddlers. It explores ways for practitioners to look for entry points and opportunities to have conversations with parents that support responsive and nurturing caregiving to infants and toddlers from conception through to three years old.

Visit the course at:
emergingminds.com.au/training