

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.

## Engaging with parents

2HRS

This course introduces you to ways you can effectively engage with parents about their children's social and emotional wellbeing.

## Intergenerational mental health

3HRS

This course supports you to apply an 'intergenerational lens' to your work.

## Healing the Past by Nurturing the Future: Working with Aboriginal and Torres Strait Islander families

5HRS

This course reflects the strengths, resilience and perspectives of Aboriginal and Torres Strait Islander peoples.

## Child-aware practice

1.5HRS

This course aims to enhance your understanding about the impact that adult problems may have on children.

## Supporting parents to promote children's social and emotional wellbeing

4HRS

This course explores opportunities for conversations between you and parents which support children's wellbeing.

## Let's talk about children

8HRS

This course uses an evidence-based method that trains you to have a structured discussion with parents who experience mental illness.

## 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.



### Diet, lifestyle, relationships and wellbeing: A holistic approach to working with mums Podcast

This conversation with Dr Angie Willcocks discusses strategies for mothers to support their positive social and emotional wellbeing.



### Using an intergenerational lens when working with children and parents Webinar

This webinar describes each aspect of an intergenerational lens in ways that support you to work with children and place the child at the centre of all decisions and interactions.



### Building parents' understanding of play to nurture infant and toddler mental health Webinar

This webinar aims to increase your understanding of how to utilise play interventions with parents, infants and toddlers to promote connection, communication and overall positive mental health.



### Talking with parents about their children In focus

This resource provides tips for making children visible when they're not in the room, which is key to improving mental health outcomes for children.



### Prevention and early intervention In focus

This resource outlines the difference between prevention and early intervention and strategies for improving infant and child mental health.



### Exploring child mental health concerns with parents Practice paper

This paper looks at the tips and strategies child health nurses (CHNs) can use while working with parents to promote positive child mental health and intervene early at signs of mental health difficulties.