

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.

## Working with First Nations families and children: A framework for understanding

1.5HRS

Learn how non-Indigenous practitioners can build genuine partnerships with Aboriginal and Torres Strait Islander children, families and communities.

## Engaging with children

1HR

Discover how engaging children as partners in practice creates a foundation for responding to child mental health concerns.

## The impact of trauma on the child

1HR

Build your understandings about trauma and adversity and how they affect children and young people.

## Building blocks for children's social and emotional wellbeing

1HR

Explore how an understanding of the key elements ('building blocks') of child mental health can help your work with parents and families.

## Understanding brain development

5HRS

This course provides an increased awareness, knowledge, and understanding of the foundation concepts about developmental neuroscience.

## 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.



### What is infant and child mental health (and why is it important?) **In focus**

This resource explores child mental health and how professionals in both child and adult services can support children's wellbeing.



### Understanding child development **Fact sheets**

This series outlines the key developmental issues and experiences for children. Each resource focuses on a particular age group: 0-3 years, 3-5 years, 5-8 years and 9-12 years.



### What are adverse childhood experiences (ACEs)? **In focus**

This resource explores how prevention and early intervention strategies, along with policies to better support families experiencing hardship, can help children to overcome experiences of adversity.



### Aboriginal and Torres Strait Islander wellbeing **In focus**

A snapshot highlighting the importance of practitioners embracing principles of self-determination and recognising, understanding and embedding cultural healing practices in the support they provide.



### The Whole Child **Video**

This video takes a holistic view of child mental health. It shows the many interactive influences that affect infants and children's wellbeing.



### The Whole Aboriginal and Torres Strait Islander Child **Video**

This video offers a glimpse into the deep connections Aboriginal and Torres Strait Islander peoples have to Country, culture, spirituality, family and community.

To view all online courses and resources visit

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