



2 HOURS

Engaging with parents about children's mental health **online course**

About this course

This course focuses on the practitioner–parent relationship as a foundational component of understanding children's social and emotional wellbeing. It is through this relationship that practitioners and parents can work together to explore challenges and issues that impact on children's wellbeing, including issues impacting on parenting.

Why was this course developed?

Engaging with parents about children's mental health was designed to support practitioners to actively and effectively engage with parents about their children's social and emotional wellbeing by strengthening practitioners' understanding of factors and circumstances that impact on parents' family and social relationships and their relational capabilities.

This introductory course focuses on providing important foundational rationale, space to reflect on the practitioner's current practice knowledge and outlines best practice principles in relation to parental engagement.

How was this course developed?

This course was written and developed using current Australian and international research evidence about engagement, parental and professional factors impacting on this.

Practitioner interviews helped to further shape and build a broad curriculum, now presented as dual introduction and companion courses.

Regular input, feedback and guidance was sought from practice leaders and people with intergenerational experiences of mental ill health (i.e. their parents and/or their children) which also helped to shape the course.

Who is this course for?

The course is for practitioners working in the health and welfare sectors in both clinical and non-clinical roles. Both frontline practitioners and senior practice leaders would benefit from this course.

It is particularly designed for those employed in service settings where:

- parenting is not a routine focus of support or treatment (i.e. an adult-focused service)
- active partnership with parents and children's mental health are not a routine focus of support or treatment (i.e. a child-focused service)
- clients are parents in Parenting Support programs.

What is included in the course?

As you work through the course, you will strengthen your understanding of factors and circumstances that impact on a child's social and emotional wellbeing, and the role you can play as a practitioner to engage with and support parents in their parenting role so that they can support their children's mental health.

You will also have the opportunity to:

- reflect on your own current setting, practice, and what you generally aim to achieve when you meet with and engage with parents
- focus on what is meant by parent engagement, why it is important in supporting the mental health outcomes for children, and what parents say about engagement
- consider professional and parental factors that may impact on parent engagement
- consider and reflect on your own professional response to complexity in clients or families you are working with so that you can better understand the role you can play in early intervention and prevention to support child mental health.