

Emerging Minds.

Building blocks for children's social and emotional wellbeing online course

About this course

This course explores important concepts and ideas related to child mental health and development, and investigates the child's social and emotional wellbeing within the context of their family, community, and networks. Learners will explore the importance of providing guidance and support to parent-clients about their children's social and emotional wellbeing. Learners will also be introduced to principles for providing quality information and resources to parents, as well as the practical issues around working in partnership with parents to identify the most relevant and appropriate information for their situation and their context.

Who is this course for?

This course is for practitioners working with parentclients 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 support, reassurance, guidance, information or resources to assist the parent to promote positive social and emotional wellbeing in their child.

Why was this course developed?

This course responds to the needs of practitioners and families who both report a need for good quality information to support children's social and emotional wellbeing. Providing parents with relevant, quality information about children's social and emotional wellbeing 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 long does this course take?

This course will take approximately one hour to complete, and includes reading the material, videos and reflective activities. It is designed to be undertaken individually, but can also be used as a prompt for conversations between colleagues.

How was this course developed?

The course was 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 course. 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). Suite of courses coming soon This course provides a foundation for the practice based Providing Guidance and Support to Parents to Promote Children's Social and Emotional Wellbeing course. It is highly recommended that learners complete this course first before moving on to the core (practice-based) course on this topic.

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