



Supporting parents to promote children's social and emotional wellbeing online course

About this course

This course explores entry points and opportunities for conversations between practitioners and parents that support children's social and emotional wellbeing. It specifically focuses on conversations which offer support, reassurance, guidance, information, or resources to assist parents in promoting positive mental health 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 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).

Who is this course for?

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.

How long does this course take?

This course will take approximately four hours 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.

Suite of courses

This course builds on the foundation course, *Building blocks for children's social and emotional wellbeing*. It is highly recommended that learners complete this course first before moving onto *Supporting parents to promote children's social and emotional wellbeing*.