



## Understanding child mental health online course

Whether you work in an adult-focused service, with families, or with children, you can start to make simple changes within your everyday practice that will help ensure that today's children can experience positive mental health now, and into the future.

1HR

Start course

### About this course

This course explores mental health for children aged 0-12 years. It will help practitioners to identify the factors that support positive mental health in children, and understand how the different parts of a child's world interact to influence their social and emotional wellbeing.

Throughout this course, learners will be invited to consider the foundational importance of a child's relationship with their parent(s) or caregiver(s), and to reflect on the factors that can affect this relationship.

*Note: This course is intended as an introduction to child and infant mental health, and the continuum of child wellbeing. It outlines the factors to consider when supporting a child and their family, but does not include specific practice techniques.*

### Why was this course developed?

This course is a foundation for all Emerging Minds online courses. It will provide learners with key understandings that will support their engagement with any of the areas that they choose to pursue within Emerging Minds' resources.

### How was this course developed?

The course was developed in collaboration with stakeholders from academia, children and family services, child mental health experts and with parents with lived experience of service delivery. A comprehensive literature review was undertaken regarding the ages and stages of mental health in Australian infants and children.

### Who is this course for?

This course will provide the necessary foundational knowledge for learners who want to enhance their work with children, families or parents, to develop their understanding of child mental health or to further engage with Emerging Minds' resources.