

## Intergenerational mental health online course

Parenting doesn't begin with a blank slate, everyone comes to it with experiences that influence it both positively and negatively. By helping parents to examine the historical factors that shape their own parenting, you can positively impact the parent-child relationship, children's mental health and their future outcomes.

### About this course

This course is designed for professionals who work with children, and those who work with adults who are parents. It supports practitioners to apply an 'intergenerational lens' to their work, to positively influence the parent-child relationship and children's mental health. Applying an intergenerational lens can help you:

- ensure you consider children's social and emotional wellbeing when working with adults who are parents
- use a prevention and early intervention framework to support children's mental health
- understand the history and context of parents' and children's problems
- understand the history and context of a family's strengths, resilience and know-how
- help parents the historical factors that influence their parenting, both positively and negatively
- place the child at the centre of all decisions and interactions
- consider how experiences of disadvantage and adversity contribute to children's mental health; and
- consider how experiences of trauma affect children's mental health.



### Why was this course developed?

The course describes how an intergenerational lens can be used in practice to better understand the history of family challenges or disadvantages, as well as the history of family strengths, resilience and know-how. It recognises the interrelated nature of mental health concerns, disadvantage and adversities, such as financial difficulties, family and domestic violence, homelessness, poverty and child protection issues. It was developed to assist practitioners to apply an intergenerational lens in their work, to better support parents, children and families and influence positive child mental health.

### How was this course developed?

This course was developed in collaboration with stakeholders from academia, child and family services, child mental health experts and families with lived experience of intergenerational mental health.

### Who is this course for?

This course is designed for all practitioners who work specifically with children, parents and pregnant women where intergenerational mental health, isolation, disadvantage and adversity continue to significantly impact upon them.

### How long does the course take?

This course will take approximately three hours to complete to complete. It includes videos, interviews with practitioners and child and family partners, and reflective activities. It is designed to be undertaken individually but can also be used as a prompt for conversations between colleagues. You can undertake the course at your own pace, in one sitting or in several sittings.