

KidsMatter Early Childhood Component 3: Working with parents and carers

3

Family Survey

What is KidsMatter Early Childhood?

KidsMatter Early Childhood is an Australian mental health promotion, prevention and early intervention initiative for early childhood education and care (ECEC) services. It involves the people who can make a difference to children's lives—parents, carers, families, and early childhood staff, along with a range of community and health professionals—working together to support children's mental health. KidsMatter Early Childhood has four Components through which ECEC services can strengthen the protective factors and minimise the risk factors for children's mental health. There are a series of KidsMatter family resources available to you that provide information on how we and your family can work together to foster your child's mental health and wellbeing. These resources and further information and updates on the initiative can be found in the 'Family' section of the KidsMatter Early Childhood website: www.kidsmatter.edu.au.

Component 3: Working with parents and carers

'Working with parents and carers', the third KidsMatter Early Childhood Component, is fundamental to children's mental health and wellbeing. This is because good partnerships between the people who are involved in the care of a child mean a better working relationship that benefits the child. Research shows the benefits of families having a social network around them that can provide emotional, material and informational support as they raise their children, especially during stressful times. When families are supported, parenting is positive, which is advantageous to children's mental health and wellbeing. At our ECEC service we believe it can be beneficial for all families

to have opportunities to interact with other families, along with supporting parents in their role as parents and sharing information when approached. Being able to respond to your parenting queries appropriately and guiding you towards high-quality parenting information are just some ways we can support you. KidsMatter Component 3 resources are here to provide information about how we can work together to optimise our work with you, your child and your family.

Why are you being asked to complete this survey?

KidsMatter Early Childhood challenges ECEC services to reflect on their current practice, identify areas for development and work towards improving the services they offer to families for the benefit of children's mental health and wellbeing. Your family's views are an important part of the KidsMatter Early Childhood planning process. Completing the survey is optional. However, we hope that you will feel happy to contribute to helping us improve how we work and form a partnership with you. Please feel free to discuss any concerns you may have about completing this survey with any of the staff.

Who will see and use the information you provide by completing this survey?

Surveys will be collated at the ECEC service for our use only. All information you provide in this survey will be treated in confidence and not identified individually. Surveys are anonymous and the ECEC service will summarise group responses to guide planning. Responses to this survey will help us to identify our strengths and areas for improvement with respect to working with our families. You can discuss any concerns that may arise from completing the survey with staff should you wish to do so.



