

KidsMatter Early Childhood Component 4: Helping children who are experiencing mental health difficulties

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 4: Helping children who are experiencing mental health difficulties

'Helping children who are experiencing mental health difficulties', the fourth KidsMatter Early Childhood Component, is fundamental to children's mental health and wellbeing. Getting support early for children who are showing signs of mental health difficulties can reduce the impact that this has on their day-to-day experiences. This means that children and families can get the support they need to improve their mental health and wellbeing. It also helps staff and families to feel more confident in supporting a child who may be experiencing mental health difficulties. This not only increases the mental health and wellbeing of the child, but also that of staff, parents, carers and other children who attend the ECEC service.

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 help your ECEC service improve how they support children with mental health difficulties, and their families. Please feel free to discuss any concerns you may have about completing this survey with your ECEC service.



