



# Catalogue for health and community professionals

KidsMatter is a mental health and wellbeing framework for primary schools and early childhood education and care (ECEC) services that is proven to make a positive difference to the lives of Australian children.

KidsMatter provides the community with a range of free online resources. If you are a professional working in the field of children's mental health, you may find these resources useful in your work with children, families, primary schools, ECEC services and other organisations.

## Resources

### **Mental health information sheets**

KidsMatter's information sheets cover more than 40 topics relating to child development and mental health. Written for families, these resources are full of practical tips presented in easy-to-understand terms. They also contain helpful strategies for primary schools and ECEC services.

### **Directory for kids' mental health and wellbeing**

Professionals may now access a directory of reputable mental health resources and support services for children and their families. The directory also includes support and services for professionals working with people from culturally and linguistically diverse backgrounds.

### **Starting School resources**

The KidsMatter Starting School resources comprise six short videos and information sheets to help families support children as they transition to primary school. There are also additional materials to assist primary schools and ECEC services to work with new families.

### **Programs Guide**

The KidsMatter Programs Guide provides information about a variety of mental health and wellbeing programs for children and families, including the evidence-base. The guide makes it easier to match programs to the individual and changing needs of schools and ECEC services.

### **Aboriginal and Torres Strait Islander resource portal**

The portal brings together a range of freely-available resources that support the social and emotional wellbeing of Aboriginal and Torres Strait Islander people. It benefits professionals as well as schools and ECEC services implementing the KidsMatter framework.

### **enewsletter**

The KidsMatter bi-monthly enewsletter for health and community professionals features new research, interviews with leading practitioners, links to useful resources and more. Sign up to receive future editions.

[www.kidsmatter.edu.au/healthresources](http://www.kidsmatter.edu.au/healthresources)

# Professional development

## eLearning

This package for early childhood educators and primary school staff is designed to promote effective conversations with families, and may also be of use to professionals. Participants are taught techniques on conducting successful conversations and managing the more difficult ones.

## Professional learning for ECEC services

The KidsMatter Early Childhood professional learning packages for educators feature 15 short videos about the social and emotional development of young children. They can help ECEC services and other professionals promote children's mental health in early childhood.

## Webinars

KidsMatter webinars focus on supporting children's mental health in schools and ECEC services, and are accompanied by resources to download and share with others. Webinars can be accessed through the KidsMatter website and are free for anyone wishing to take part.

## Professional learning for primary schools

The KidsMatter Primary professional learning packages for staff feature more than 30 short videos about children's mental health and wellbeing that can be used with schools and other professionals working with primary school-age children and their families.

[www.kidsmatter.edu.au/professionaldevelopment](http://www.kidsmatter.edu.au/professionaldevelopment)

## Partnership tools

KidsMatter provides a range of tools that make it simpler for professionals to engage with primary schools and ECEC services. The growing suite includes brochures, factsheets and videos, as well as tools to assist referrals to health and community services. Professionals can also read about KidsMatter partnership success stories for ideas.

[www.kidsmatter.edu.au/partnershiptools](http://www.kidsmatter.edu.au/partnershiptools)

## Website

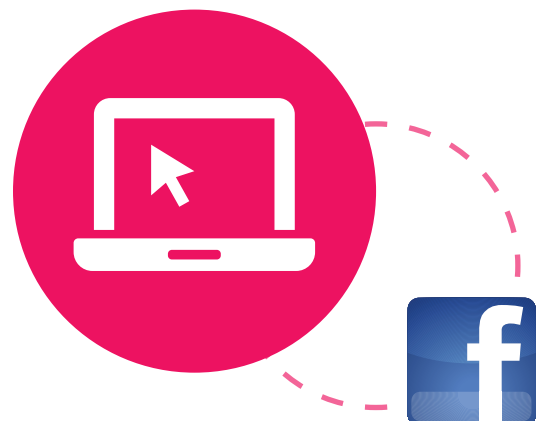
Health and community professionals can access their very own KidsMatter portal for all the latest initiative information, news and resources relevant to the sector.

[www.kidsmatter.edu.au](http://www.kidsmatter.edu.au)

## Social media

Find KidsMatter on Facebook and Twitter:

[www.twitter.com/KidsMatterAus](https://www.twitter.com/KidsMatterAus)  
[www.facebook.com/KidsMatterForFamilies](https://www.facebook.com/KidsMatterForFamilies)  
[www.facebook.com/KidsMatterEC](https://www.facebook.com/KidsMatterEC)  
[www.facebook.com/KidsMatterPrimary](https://www.facebook.com/KidsMatterPrimary)





[www.kidsmatter.edu.au](http://www.kidsmatter.edu.au)



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