

# Reading and resources list

## Recommended reading for Component 4: Helping children who are experiencing mental health difficulties

- *KidsMatter Early Childhood: A framework for improving children's mental health and wellbeing—component 4.* pp. 63–85  
[www.kidsmatter.edu.au/sites/default/files/public/FrameworkBook\\_Component4.pdf](http://www.kidsmatter.edu.au/sites/default/files/public/FrameworkBook_Component4.pdf)
- Literature review for *Helping children who are experiencing mental health difficulties*  
[www.kidsmatter.edu.au/sites/default/files/public/KMEC-Component4-Literature-Review.pdf](http://www.kidsmatter.edu.au/sites/default/files/public/KMEC-Component4-Literature-Review.pdf)
- *Helping children who are experiencing mental health difficulties—Connections with the National Quality Framework*  
[www.kidsmatter.edu.au/ebook/kmec/helping-children-who-are-experiencing-mental-health-difficulties/#/0](http://www.kidsmatter.edu.au/ebook/kmec/helping-children-who-are-experiencing-mental-health-difficulties/#/0)
- *Early childhood mental health: An introduction*  
[www.kidsmatter.edu.au/ebook/kmec/early-childhood-mental-health-intro/](http://www.kidsmatter.edu.au/ebook/kmec/early-childhood-mental-health-intro/)

## Other resources that may assist with this professional learning

### KidsMatter resources

KidsMatter information about *Helping children who are experiencing mental health difficulties* can be found here:

[http://www.kidsmatter.edu.au/sites/default/files/public/FrameworkBook\\_Component4.pdf](http://www.kidsmatter.edu.au/sites/default/files/public/FrameworkBook_Component4.pdf)

- Understanding mental health in early childhood
- Promoting children's mental health
- Keeping a balance: Managing feelings and behaviours
- When times get tough: Managing trauma and ways to recover
- Getting help when it is needed

- KidsMatter directory for kids' mental health and wellbeing  
[www.kidsmatter.edu.au/health-and-community/resources/directory-kids-mental-health-and-wellbeing](http://www.kidsmatter.edu.au/health-and-community/resources/directory-kids-mental-health-and-wellbeing)
- *KidsMatter e-learning Connecting with Families—Conversations that make a difference* Module 2: Managing difficult conversations  
[www.kidsmatter.edu.au/early-childhood/resources-support-childrens-mental-health/connecting-families-elearning](http://www.kidsmatter.edu.au/early-childhood/resources-support-childrens-mental-health/connecting-families-elearning)

## Podcasts from Yarning Up KidsMatter

- KidsMatter and mental health  
[www.kidsmatter.edu.au/early-childhood/resources-educators-and-families/yarning-up/series4/kidsmatter-and-mental-health](http://www.kidsmatter.edu.au/early-childhood/resources-educators-and-families/yarning-up/series4/kidsmatter-and-mental-health)
- Mental health in Aboriginal communities  
[www.kidsmatter.edu.au/early-childhood/resources-educators-and-families/yarning-up/series5/mental-health](http://www.kidsmatter.edu.au/early-childhood/resources-educators-and-families/yarning-up/series5/mental-health)
- Being aware of children's stress levels  
[www.kidsmatter.edu.au/early-childhood/resources-educators-and-families/yarning-up/series5/being-aware](http://www.kidsmatter.edu.au/early-childhood/resources-educators-and-families/yarning-up/series5/being-aware)
- Social and emotional wellbeing strategies  
[www.kidsmatter.edu.au/early-childhood/resources-educators-and-families/yarning-up/series7/strategies](http://www.kidsmatter.edu.au/early-childhood/resources-educators-and-families/yarning-up/series7/strategies)
- Mental health and wellbeing  
[www.kidsmatter.edu.au/early-childhood/resources-educators-and-families/yarning-up/series8/mental-health](http://www.kidsmatter.edu.au/early-childhood/resources-educators-and-families/yarning-up/series8/mental-health)
- Supports and connecting to other services  
[www.kidsmatter.edu.au/early-childhood/resources-educators-and-families/yarning-up/series3/supports-and-connecting-to-other-services](http://www.kidsmatter.edu.au/early-childhood/resources-educators-and-families/yarning-up/series3/supports-and-connecting-to-other-services)

## Other resources

- Beyondblue: General information about mental health and mental illness  
[www.beyondblue.org.au/the-facts](http://www.beyondblue.org.au/the-facts)
- Early childhood mental health: In brief (Center on the Developing Child)  
[http://developingchild.harvard.edu/resources/briefs/inbrief\\_series/inbrief\\_early\\_childhood\\_mental\\_health/](http://developingchild.harvard.edu/resources/briefs/inbrief_series/inbrief_early_childhood_mental_health/)
- Connections: A resource for early childhood educators about children's wellbeing  
[www.himh.org.au/\\_\\_data/assets/pdf\\_file/0017/11258/CONNECTIONS-WEB-FINAL.pdf](http://www.himh.org.au/__data/assets/pdf_file/0017/11258/CONNECTIONS-WEB-FINAL.pdf)