Good mental health
it’s part of growing up strong

The KidsMatter Framework can help your service to develop a shared understanding of the importance of mental health and wellbeing in early childhood.
Many ways of knowing, being and doing

- Mental health is an inner world of physical, social and spiritual knowing connected to people and places.
- A child’s knowledge of their own state, physical and emotional, is trusted and responded to.
- Aboriginal and Torres Strait Islander people know best what their children need and want.
- Significant adults help the spirit of children to emerge.

Many ways for mental health and wellbeing

- Working with local knowledge guides cultural processes: Respect, listen, reflect and act.
- Take time to learn local ways.
- Yarn with local Elders.
- Talk with and listen to ‘little people’.

Learning Map

Connecting to Community

- Read about local lore and knowledge.
- Make connections with local Aboriginal and Torres Strait Islander organisations to get a shared message about mental health and wellbeing in early childhood:
  - Land Council
  - Aboriginal and Torres Strait Islander Community Working Party
  - Elders groups
  - Language groups
  - Aboriginal and Torres Strait Islander community controlled organisations