Early intervention is powerful

Getting help early is important for children and adults.
Many ways of knowing, being and doing

• Early childhood experiences are powerful. Sometimes children need additional help.
• Traumatic experiences in early childhood can have long-term impact.
• Problems don’t last forever.
• Mental health impacts on wellbeing.

Many ways of doing

• Share concerns with family and friends.
• Seek advice from Elders and wise people.
• Talk with early childhood educators.
• Seek out experts.

Learning map

• Draw a mud map showing the concerning behaviours as well as strengths.
• Record what you see:
  • Behaviours, emotions, thoughts, learning and social relationships
  • When do they happen?
  • How often and how long?

Connecting to Community

• Adults need to work together to support children experiencing mental health difficulties.
• Find links for transitions between early childhood services and to school.
• Talk to a general practitioner or a paediatrician first.
• Find early childhood specialists, psychologists, counsellors and other mental health professionals.