Support is culturally sensitive

Children’s mental health is in a context of family and culture.

Yarn
Plan
Think and do
Draw it
Show your mob
Watch, think, redo
Do different ways
Connect to land
Many ways of knowing, being and doing

- Different cultures approach mental health differently.
- Good mental health in early childhood is valued but can be expressed differently.
- Trauma, grief, loss and healing are extremely important in Aboriginal and Torres Strait Islander communities.
- Bring spirit, heart, mind and action together.

Many ways of doing

- Embed culture in your place, each space and all practice.
- Take time to explore cultural understanding in the service.
- Explore your own identity—how it impacts on cultural sensitivity.
- Consider support before acting—values, feelings and knowledge.

Learning map

- Plan for cultural competence and proficiency now
- Plan responses which respect culture
- Observe, question and change tokenistic practices
- Plan support processes before they are needed

Connecting to Community

Seek advice:

- Work with local knowledge
- Ask families about what you don’t understand
- Work with families who need support