

Helping children manage their emotions: Resources for families and staff

Where can I go for further information?

Raising Children Network, funded under the **Australian Government's Stronger Families and Communities Strategy**, is a national website aimed at helping families care for their children. Articles on a range of issues relevant to children's development are available at www.raisingchildren.net.au.

Articles on a range of issues relevant to children's emotions are available on this website. Direct links are provided below:

- ▶ www.raisingchildren.net.au/articles/born_to_feel_-_learning_what_a_sad_face_means.html
- ▶ www.raisingchildren.net.au/articles/social_and_emotional_growth_from_age_2_to_3_pbs.html
- ▶ www.raisingchildren.net.au/articles/feelings_-_preschoolers.html



The **National Childcare Accreditation Council (NCAC)** is a non-profit organisation responsible for administering Child Care Quality Assurance (CCQA) for children's services in Australia. It aims to assist childcare professionals and families to understand the value of quality care; the NCAC website can be accessed at www.ncac.gov.au.

The **Australian Psychological Society** is the largest professional association for psychologists in Australia. It spreads the message that psychologists make a difference to people's lives, through improving their health and wellbeing and increasing scientific knowledge. Tip sheets on a range of topics related to children's mental health are available at www.psychology.org.au – See 'Tip Sheets' in the 'Publications and Products' tab (top right-hand side of the home page) for details.

The **Centre for Community Child Health** supports and empowers communities to improve children's health and wellbeing. It operates clinical services, research and programs. A range of resources and publications are available at www.rch.org.au/ccch – See 'Childcare and Children's Health' in the 'Resources and Publications' tab on the toolbar on the left-hand side of the page.

Early Childhood Australia is the peak national, non-profit, non-government organisation that acts in the interests of young children. They provide a range of options and outcomes to support growth and development of young children. Articles on issues relevant to child development and mental health are available at www.earlychildhoodaustralia.org.au.

Kidscount, developed by the Australian Childhood Foundation, is a website for parents and carers that provides useful information about supporting children's development. It is available in a range of languages at www.kidscount.com.au.

This resource and further information on the national KidsMatter Early Childhood initiative is available to download at www.kidsmatter.edu.au. The KidsMatter Early Childhood team also welcomes your feedback which can be submitted through the website.



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