

# Leadership Guide

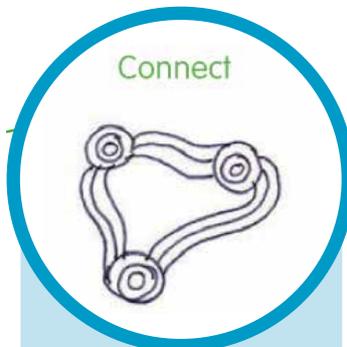
Learn ways to understand the KidsMatter Framework and lead the professional learning in your early childhood community. **Make professional learning work for you.**



## Make safe

### Create a safe space for people to talk about mental health

Talking about mental health can raise issues related to past or present experiences. Support your group by being aware of this and having a plan to respond to potential personal or group issues.



## Connect

### Explore and develop a shared definition of mental health

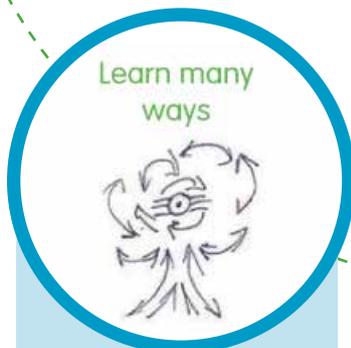
Just like physical health, we all have mental health. Bring a focus to good mental health for all. Have a clear understanding of the definition of children's mental health and wellbeing. Avoid reinforcing stigmatising definitions of mental health.



## Be, feel, think, do

### Reduce the risks for children, families and educators

Protective factors can be found in early childhood settings. Each topic of the KidsMatter professional learning provides opportunities to build protective factors for mental health and wellbeing.



## Learn many ways

### Learning together – there are many ways

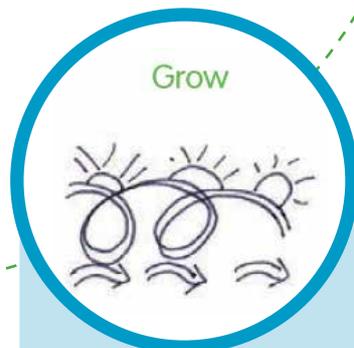
Create a professional learning community. Think differently about professional learning and find more ways to all learn together. Discover the KidsMatter professional learning resources and learn in ways that suit your context and community.



## Acknowledge, consider, celebrate

### Then Plan Do Review

Working towards continuous quality improvement is also about acknowledging, considering and celebrating.



## Grow

### Growth and change

Continuous quality improvement is about growth and change for individuals, whole-of-service/ school and community.

Consider:

- your individual and collective strengths
- identifying gaps in practice
- ways to improve
- celebrating the growth and change.

**This will create a safe and engaging learning space to grow**

Select ways to make your KidsMatter learning and action visible:

- Set KidsMatter goals and embed them in your QIP
- Use the Framework Implementation Tool
- Share your experiences online
- Contact your KidsMatter Facilitator to discuss progress

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## Three tips for running your session

### 1. Plan how professional learning will happen

There are many options. Think about who, when, where, what and how, e.g. in meetings, individually, closed Facebook page, emails ... and of course the topic focus.

### 2. Select the best resources for your place

Choose resources that will facilitate learning and growth in your community. You can:

- use the participants' handbook for each topic as a guide. You will find:



#### Reflective questions

think more deeply



#### Activities

learn together for a shared understanding



#### Videos

information from experts

- learn with information sheets, Shared Thinking blog posts, KidsMatter Ways – symbols, action charts and podcasts, posters, Facebook, Twitter, E books, E learning
- explore the website and use the search function to find the resources that fit your learning needs: [www.kidsmatter.edu.au/early-childhood/search](http://www.kidsmatter.edu.au/early-childhood/search).

### 3. Acknowledge consider celebrate

Together, continue to reflect on what you do well, consider the options from all perspectives and celebrate your diversity and achievements.

#### Find these resources on our website

KidsMatter Ways

The Framework

Get involved

Resources for educators and families

Professional Learning Topics

Find us on 

Remember, facilitators can assist in planning, navigating the website and using the resources.

**Thank you for your commitment to growing healthy minds!**