

Understanding children's mental health Resources for families and staff

General information

The Australian Psychological Society is the largest professional association for psychologists in Australia. Tip sheets on a range of topics related to children's mental health are available at www.psychology.org.au – See the 'Publications and Product Tab – Tip sheets'.

The Centre for Community Child Health supports and empowers communities to improve children's health and wellbeing. A range of resources and publications are available at www.rch.org.au/ccch – See the 'Resources and Publications Tab – Childcare and Children's Health'.

Early Childhood Australia is the peak national, non-profit, non-government organisation that acts in the interests 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.

The 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.

The following resources have been compiled for families and other individuals seeking further information about responding to children who may be experiencing mental health difficulties and getting support. Information on specific topics relating to children's mental health and getting support will be made available during the pilot in other KidsMatter Early Childhood resource packs.

The following books, articles and websites provide useful information for parents, carers and early childhood staff on understanding children's mental health:

Cavanagh, S., Lawrence, J., & Hirst, M. (2010). Recognising mental health problems and seeking support. *Every Child*, 16 (2) pp, 8–9. Available at <http://www.kidsmatter.edu.au/ec/> – See the 'Resources tab – Publications'.

Child and Youth Health website <http://www.cyh.com> – Click on health topics tab 'Emotions and behaviour'.

Zero to Three website <http://www.zerotothree.org> – Click on 'Behaviour and development' tab.

Talaris Institute website <http://www.talaris.org> – Click on 'Research' tab.



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



Australian Government
Department of Health and Ageing



The KidsMatter Early Childhood information sheets are resources that have been developed in collaboration and with funding from the Australian Government Department of Health and Ageing. While every care has been taken in preparing this publication, the Commonwealth does not accept liability for any injury or loss or damage arising from the use of, or reliance upon, the content of this publication.