Our community
Our relationships

Positive  Collaborative  Connected  Inclusive

www.kidsmatter.edu.au
Our community is built on relationships.
Help me belong ...
When we feel safe, we explore, we learn, we grow.
We are connecting
Social and emotional learning

Knowing me, knowing you

and getting along too

www.kidsmatter.edu.au
Social & emotional wellbeing...

- Sense of self
- Emotional skills
- Social skills
- Relationships
- Emotions
- Learning

Growing Healthy Minds

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Plan with purpose—WELLBEING BY DESIGN

Growing Healthy Minds
Growing Healthy Minds

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Picture the FUTURE....

KidsMatter Early Childhood
Australian Early Childhood Mental Health Initiative

Growing Healthy Minds
WonderFULL
heart and mind
Supporting Parenting

Partnerships Connections

www.kidsmatter.edu.au
Acknowledge parenting

support parenting

Growing Healthy Minds
We all work TOGETHER for children’s mental health
Share decision making

Know each other

Support each other

Guide each other

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Make strong links

Growing Healthy Minds

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We communicate in many ways

- Writing
- Eye contact
- Sharing
- Phone
- Artwork
- Performing
- Listening
- Touch
- Meetings

Growing Healthy Minds
Growing Healthy Minds

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Everyone stop, reflect and act for wellbeing

STOP
Pause and listen

ACT
Take action

REFLECT
Thinking time

Growing Healthy Minds
Caring for our mental health

Recognising  Understanding  Responding

www.kidsmatter.edu.au
If you’re worried...

TALK TO SOMEONE

- DOCTOR
- GRANDPARENT
- COUNSELLOR
- DAD
- FRIEND
- MUM

Growing Healthy Minds

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Growing Healthy Minds

Early childhood: mental health and wellbeing

Starts here!

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MENTAL HEALTH ...
know, recognise, understand

BEHAVIOURS

EMOTIONS

THOUGHTS

LEARNING

SOCIAL RELATIONSHIPS

Growing Healthy Minds

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Transitions matter for mental health