Our community is built on relationships.
Help me belong ...

Get to know me

Connect with me

Involve me

Say hello

Learn about my community

Growing Healthy Minds

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When we feel safe we explore, we learn, we grow
We are connecting
Take care of yourself

your mental health matters
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
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WonderFULL
heart and mind

Growing Healthy Minds
Supporting Parenting

Partnerships Connections

www.kidsmatter.edu.au
Acknowledge parenting support parenting

Growing Healthy Minds

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We all work
TOGETHER
for children’s mental health

Growing Healthy Minds

KidsMatter Early Childhood Mental Health Initiative

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Share decision making

**Know each other**

**Support each other**

**Guide each other**

-growing healthy minds-

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Make strong links

Growing Healthy Minds

Growing Healthy Minds
We communicate in many ways

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

Growing Healthy Minds
STOP
Pause and listen

ACT
Take action

REFLECT
Thinking time

Everyone stop, reflect and act for wellbeing

Growing Healthy Minds

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Caring for our mental health

Recognising  Understanding  Responding

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

Talk to someone

- Doctor
- Grandparent
- Counsellor
- Mum
- Friend
- Dad
- Educator
Growing Healthy Minds

Early childhood: mental health and wellbeing

Starts here!

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MENTAL HEALTH ... know, recognise, understand

EMOTIONS

BEHAVIOURS

LEARNING

THOUGHTS

SOCIAL RELATIONSHIPS

Growing Healthy Minds

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Transitions matter for mental health