

Partnerships with Parents Workshop March 9, 2016



- KidsMatter Primary is a mental health and wellbeing framework for primary schools and is proven to make a positive difference to the lives of Australian children. KidsMatter Primary provides the methods, tools and support to help schools work with parents and carers, health services and the wider community, to nurture happy, balanced kids. This video explains the four components, theoretical underpinning and benefits of the KidsMatter program:
<https://www.kidsmatter.edu.au/families/about-kidsmatter/kidsmatter-primary/welcoming-families-kidsmatter-primary-families>
- Mental health is the way we think about ourselves and what is going on around us, and how we cope with the ups and downs in life. This video explains mental health and the link to KidsMatter (Video 4 and 5):
<https://www.kidsmatter.edu.au/primary/resources-your-journey/c1-positive-school-community/professional-learning/video-resources>
- This video provides a definition of risk and protective factors for children's mental health. It highlights that just one protective factor can be enough to protect a child from developing a mental health difficulty (Video 6):
<https://www.kidsmatter.edu.au/primary/resources-your-journey/c1-positive-school-community/professional-learning/video-resources>
- SDPS have set up a mobile resource centre for parents and caregivers. We are collating pamphlets and information from service providers around Perth, including Kids Helpline, Head Space, Kidsafe WA and Relationships Australia. There will also be some fact sheets from KidsMatter available. On assembly days, the resource centre will be wheeled outside the library for parents to view at their leisure. If anyone would like to view the resource centre outside that time, please ask at the office.
- The KidsMatter website is a fantastic source of information about mental health matters:
<https://www.kidsmatter.edu.au>
- There is a KidsMatter link on the website with information and updates on the initiative within a school context:
<http://www.sdps.wa.edu.au/kidsmatter>

