

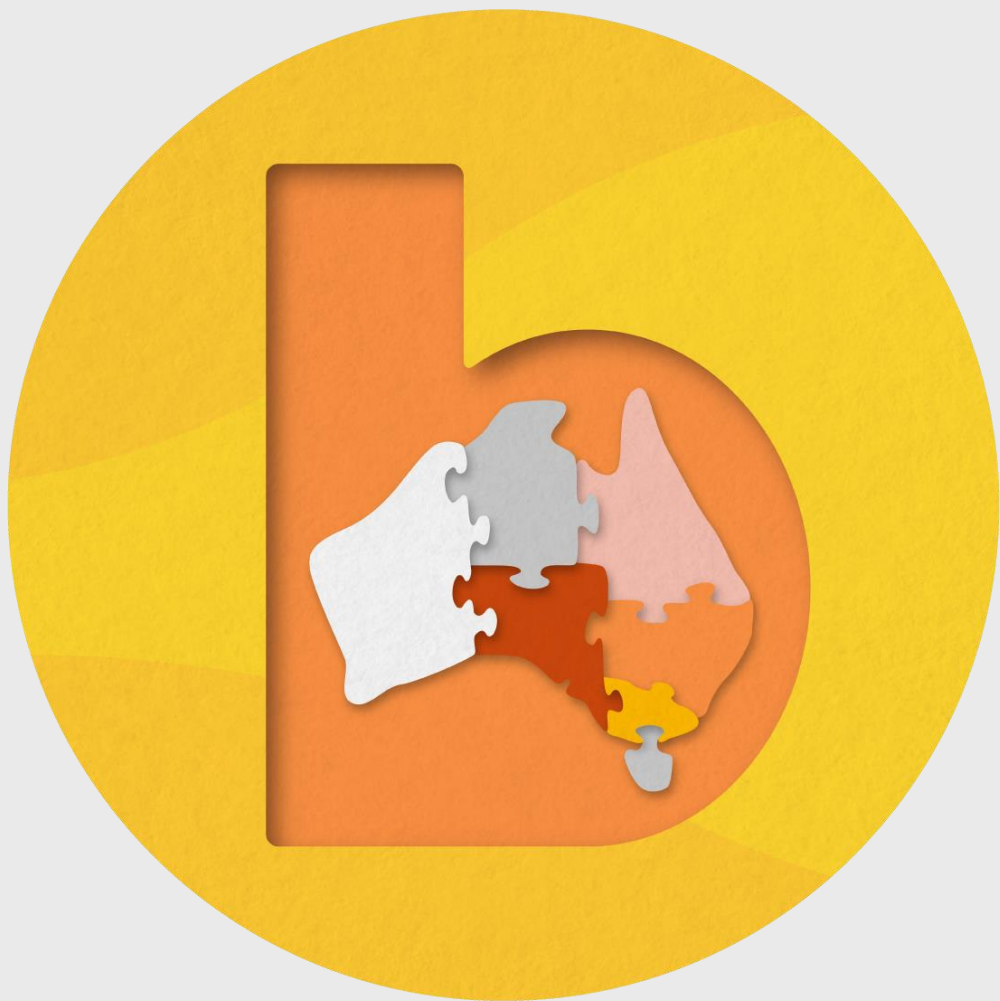
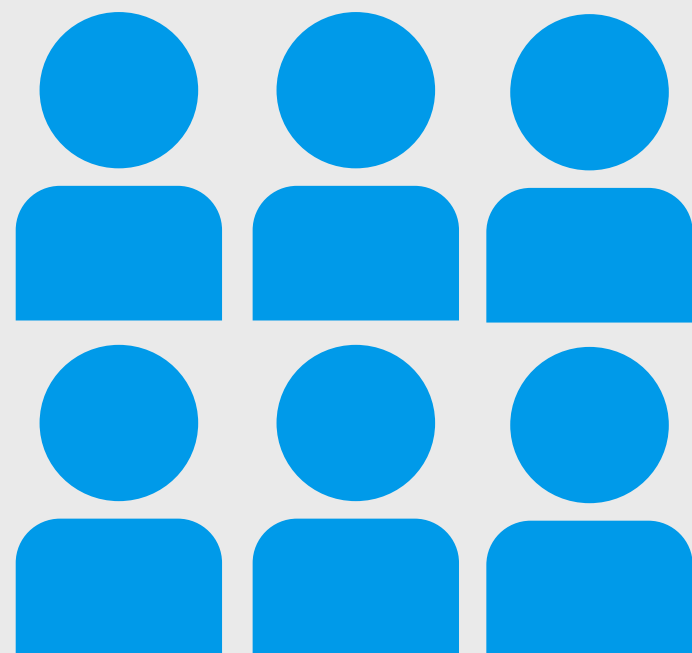
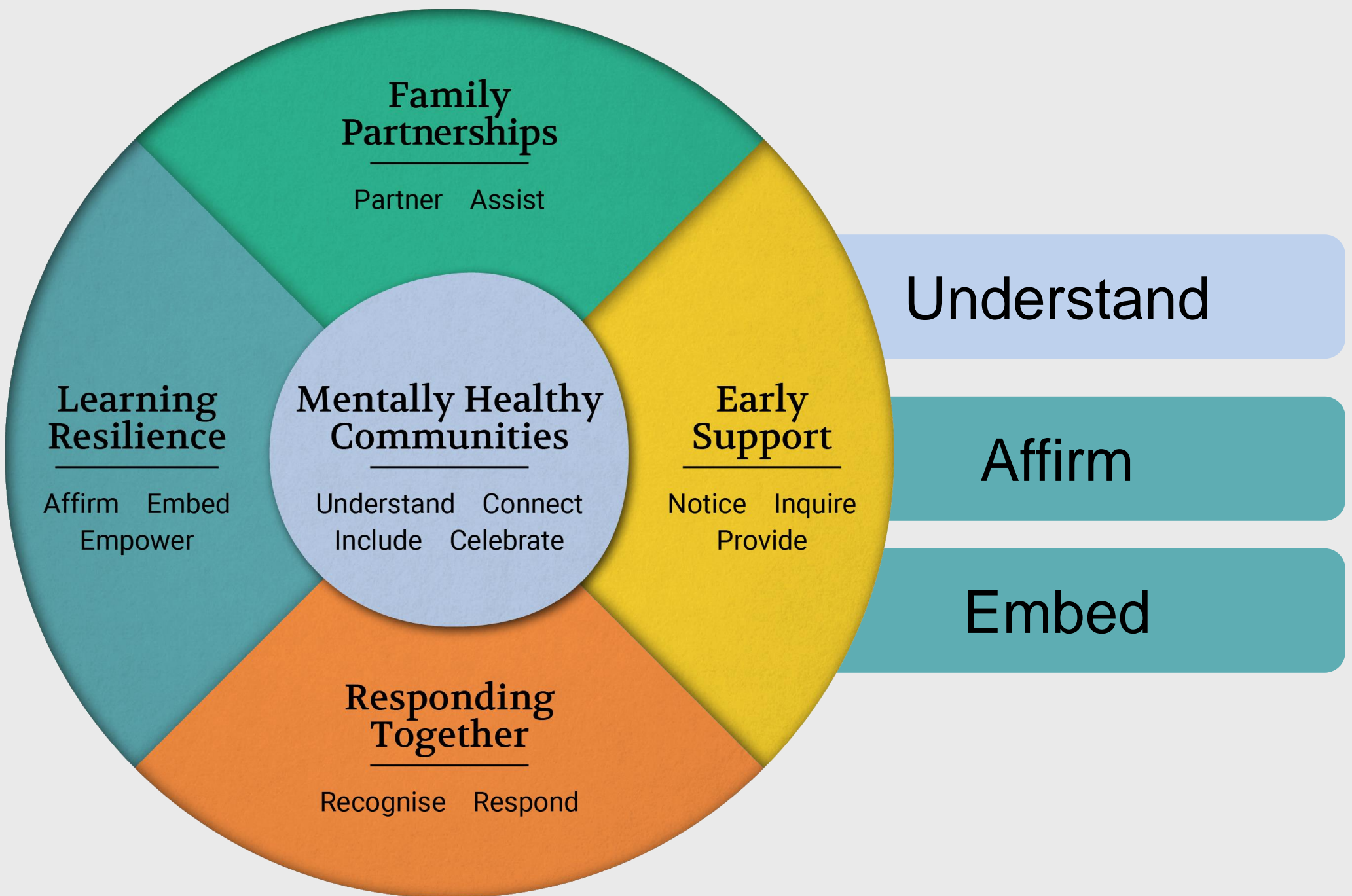


**It takes quality
environments,
relationships and
practices for
wellbeing and to
achieve excellence**

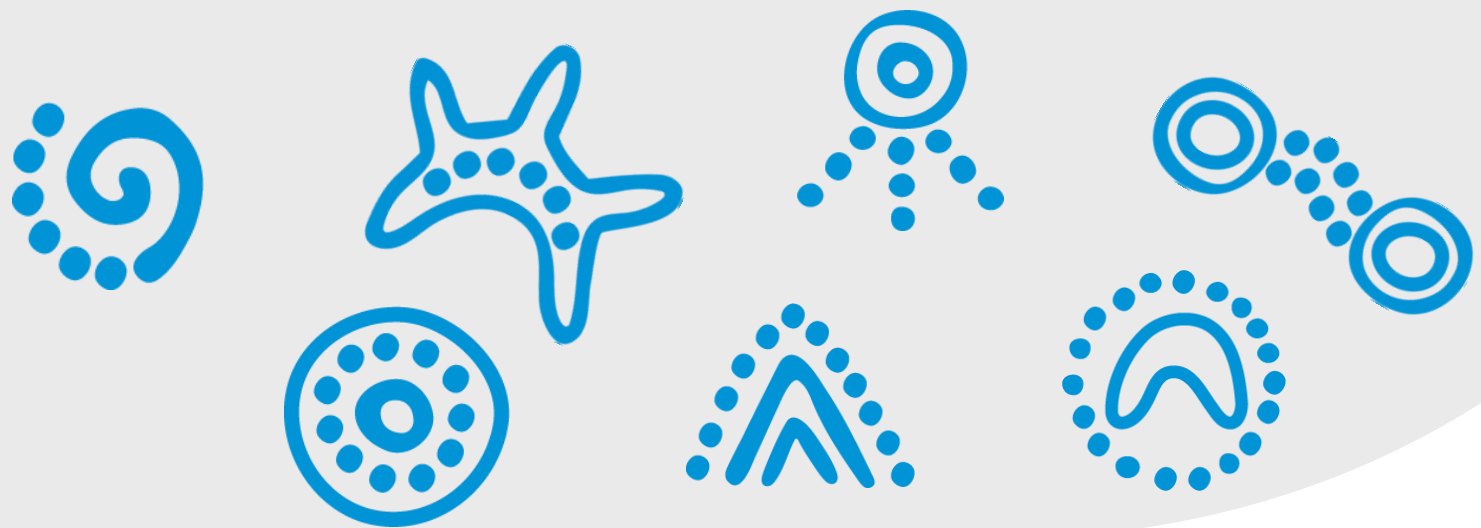
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beyou.edu.au/register

Remember to verify
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Be You is...



...and Always Be You



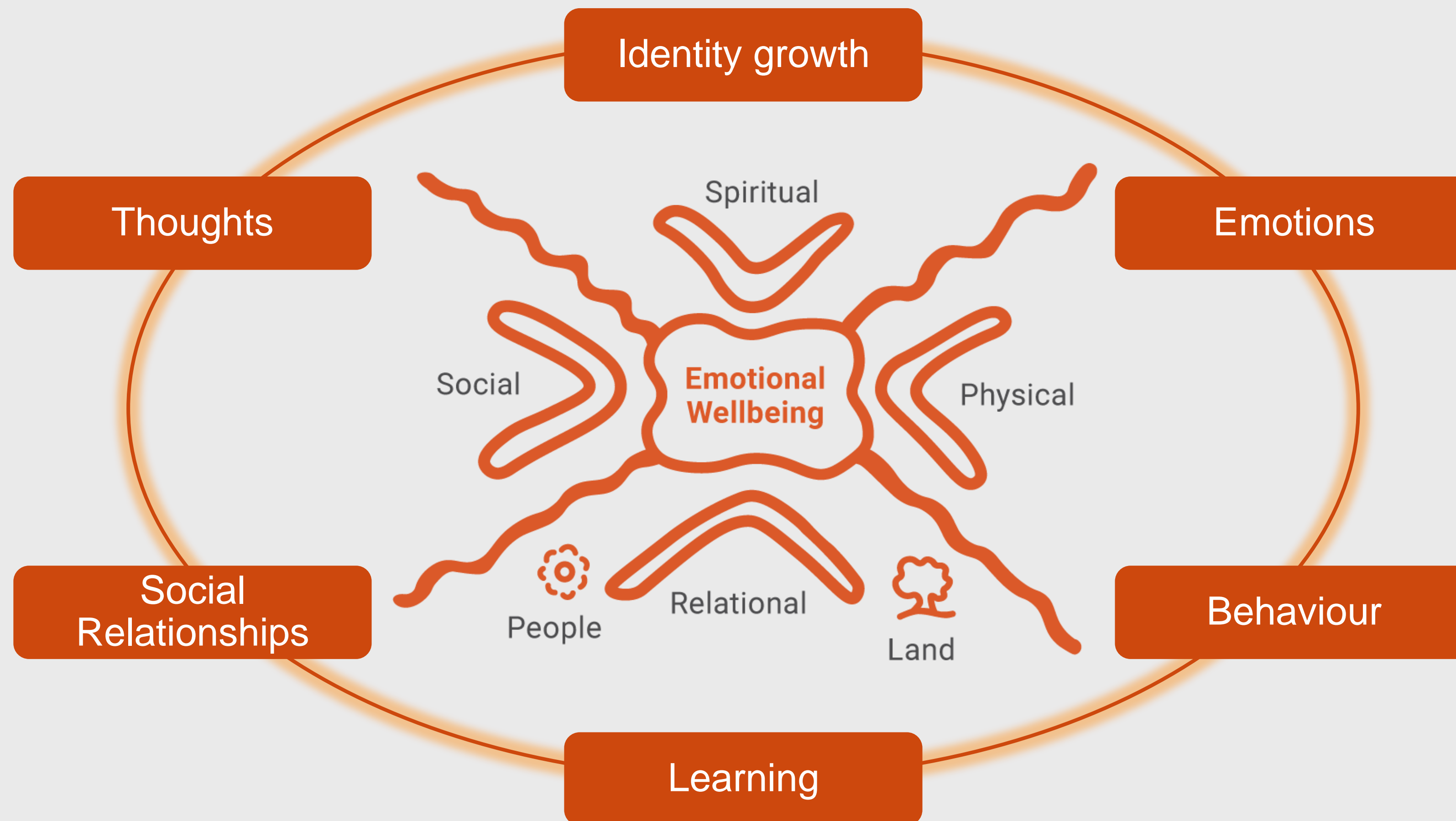
Shared understanding leads to quality

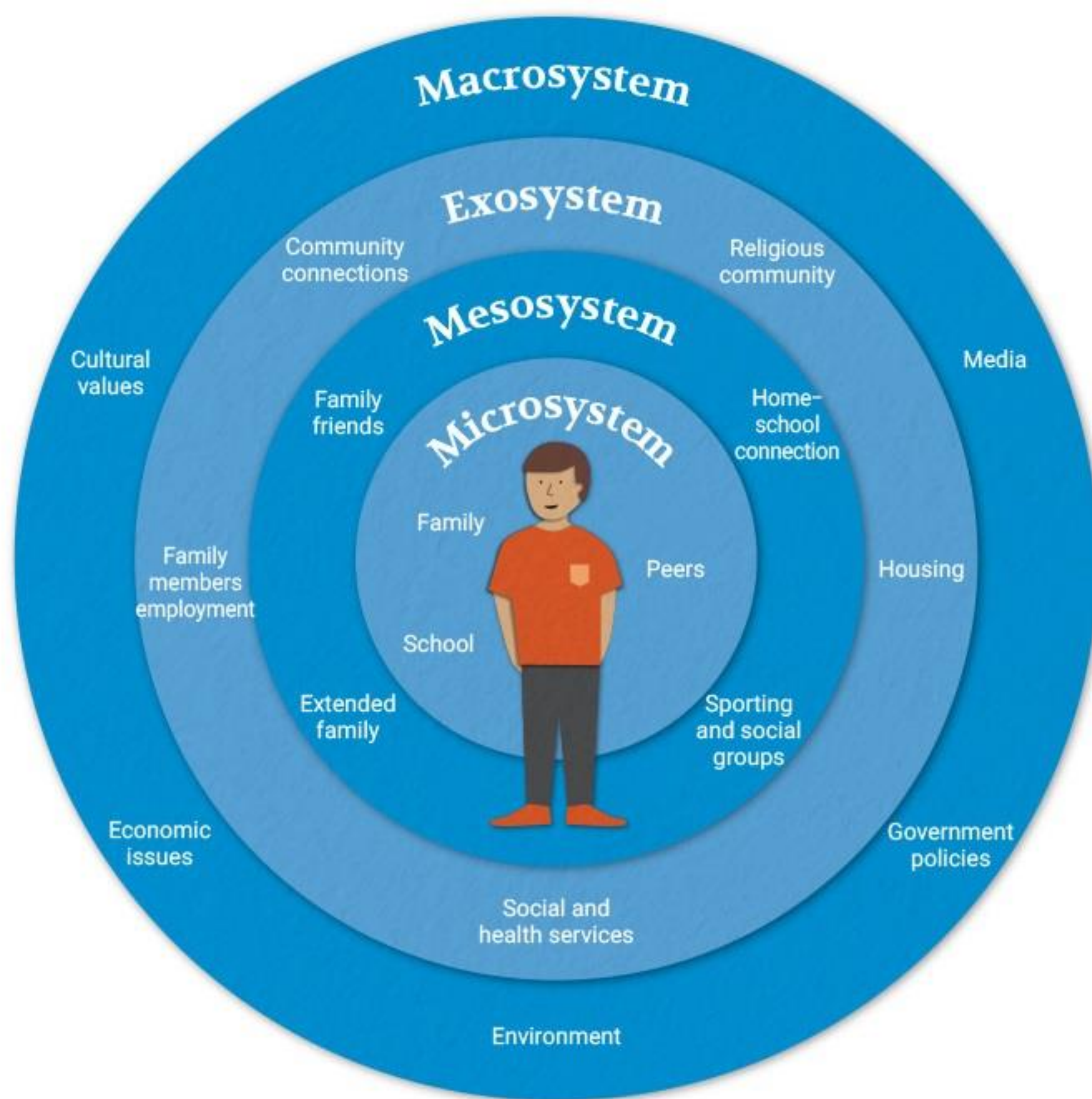
Mental health is an inner world of physical, social and spiritual knowing connected to people and places.

- *Growing Up Strong* Always Be You Action Chart



Mental health is expressed through:





Context matters: Keep children central

Significant adults help the spirit of children and young people to emerge.

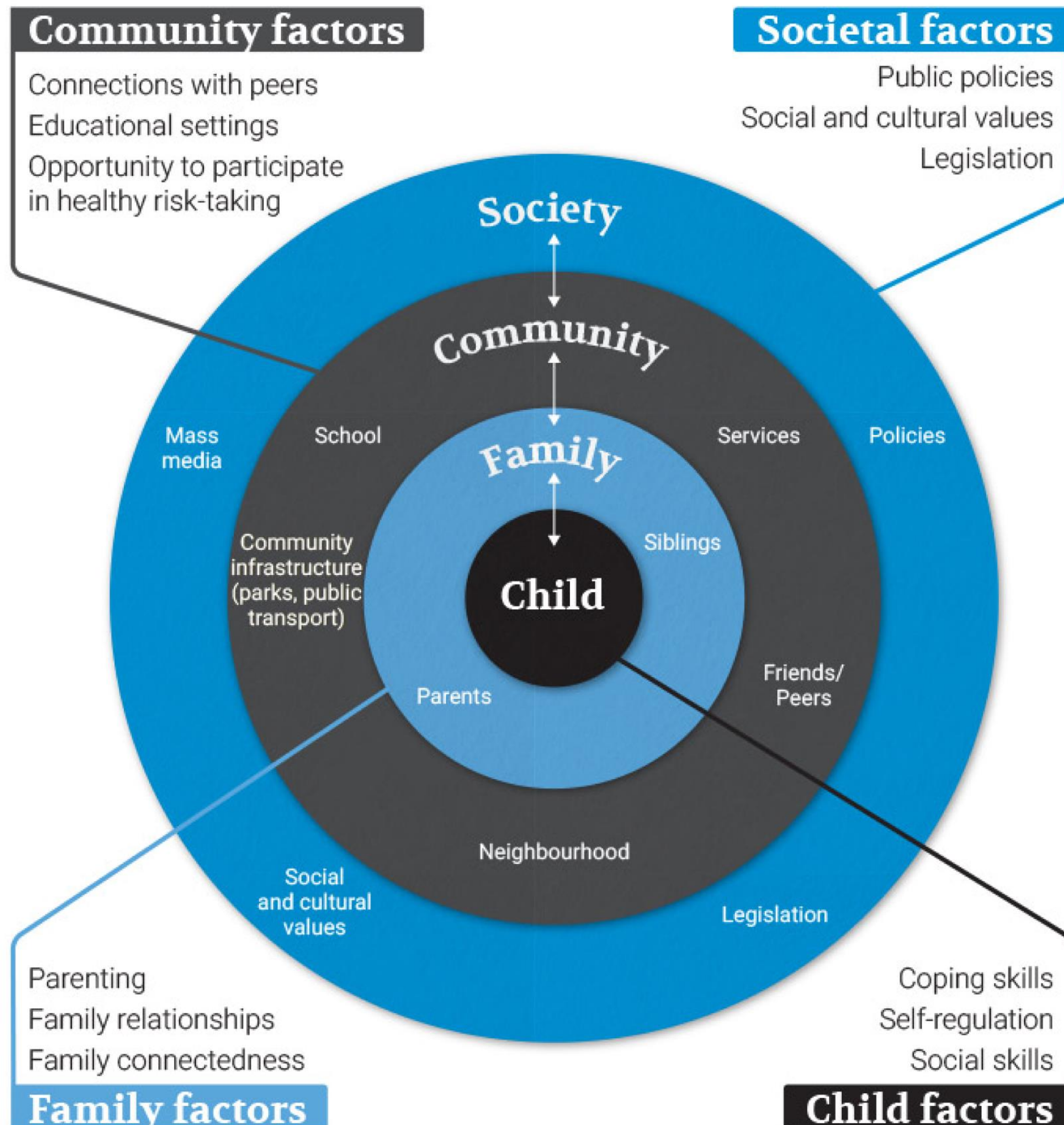
- Always Be You

Risk factors

Protective factors

Difficult temperament Low self-esteem Impaired cognitive development Poor physical health Poor language skills	Child	Easy temperament Good social and emotional skills Well developed cognitive skills Good physical health Good language skills
Disharmony, instability or break up Any form of child abuse or neglect Harsh or inconsistent discipline Mental health conditions or substance abuse	Family	Stable home environment Warm and supportive parenting Secure attachments with significant family members
Poor relationships at the service Limited experiences of social interaction with peers	Service	High-quality education and care services Service climate enhances belonging and connectedness Warm and supportive relationships with family members
Stressful life events Death of a family member Experience of trauma	Life Events	Warm and supportive relationships with family members Secure attachments with family members
Discrimination Isolation Socioeconomic isolation Lack of access to support services	Social	Inclusion Access to support services Economic security

What can you influence?



Adverse experiences and reactions

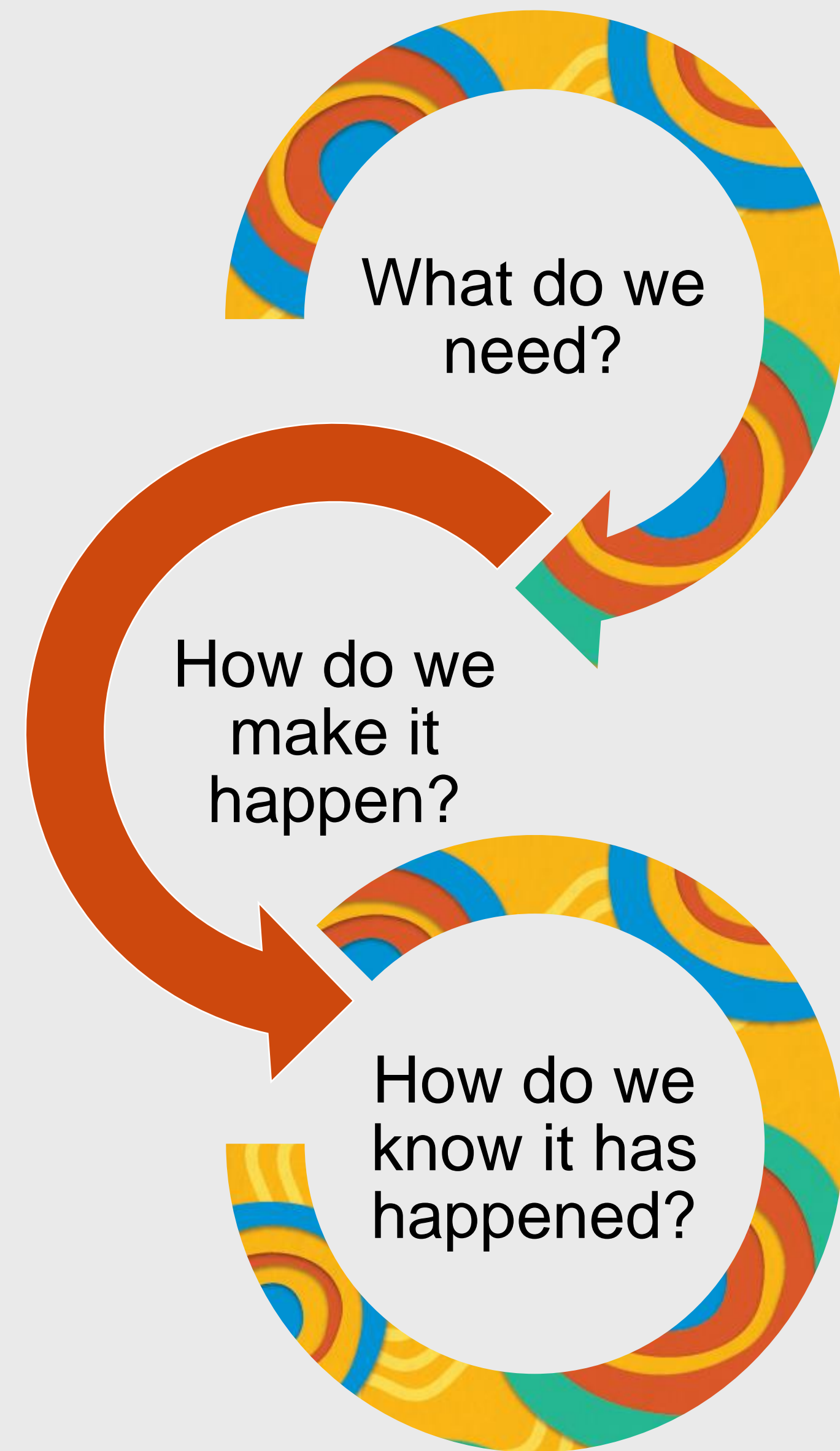
Good mental health: it's part of growing up strong

- Trust and respond to child's knowledge
- Work with local knowledge
- Learn local ways
- Yarn and listen
- Make connections to get shared messages

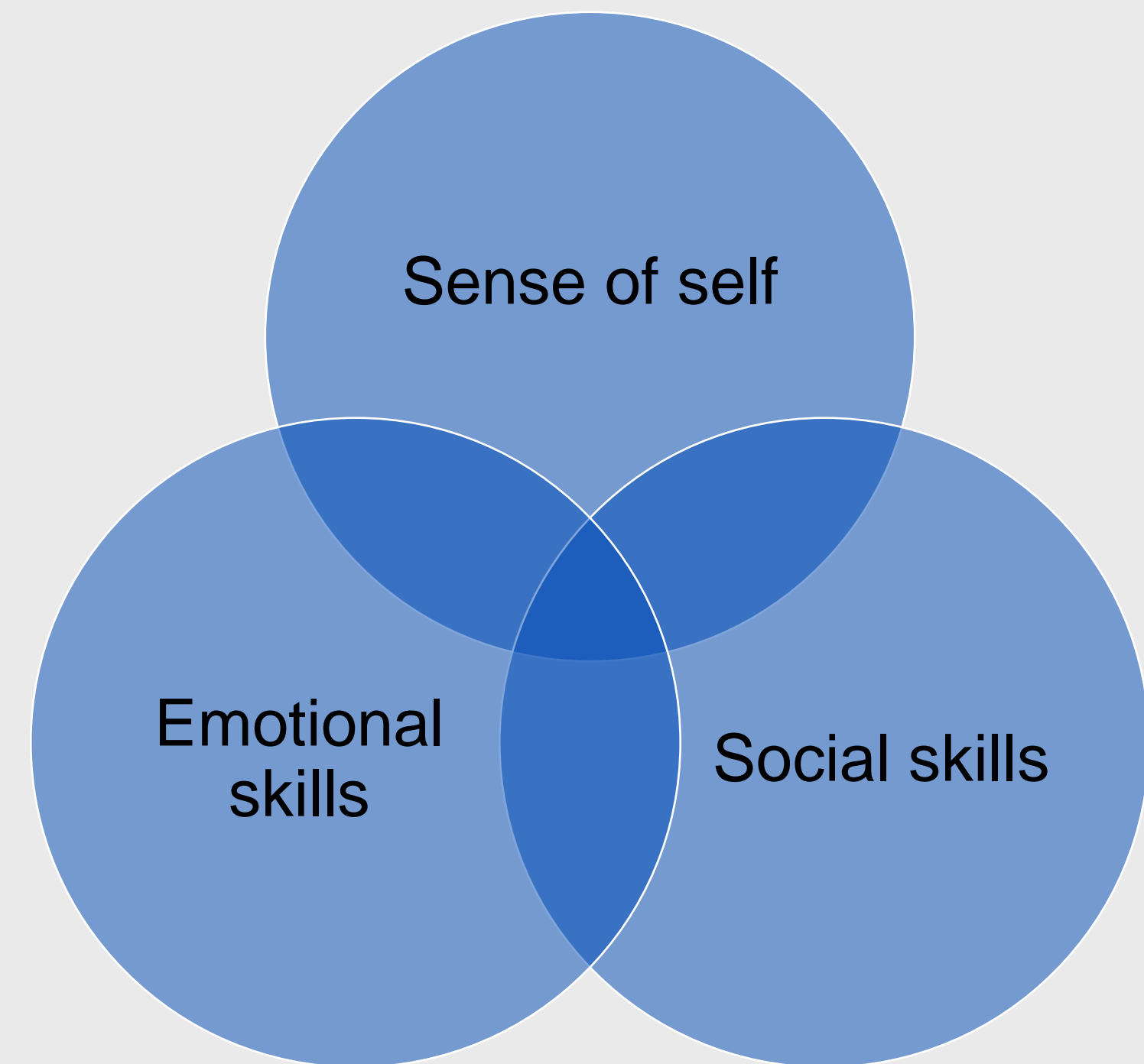
Link to chart:
bit.ly/2P2rPKT

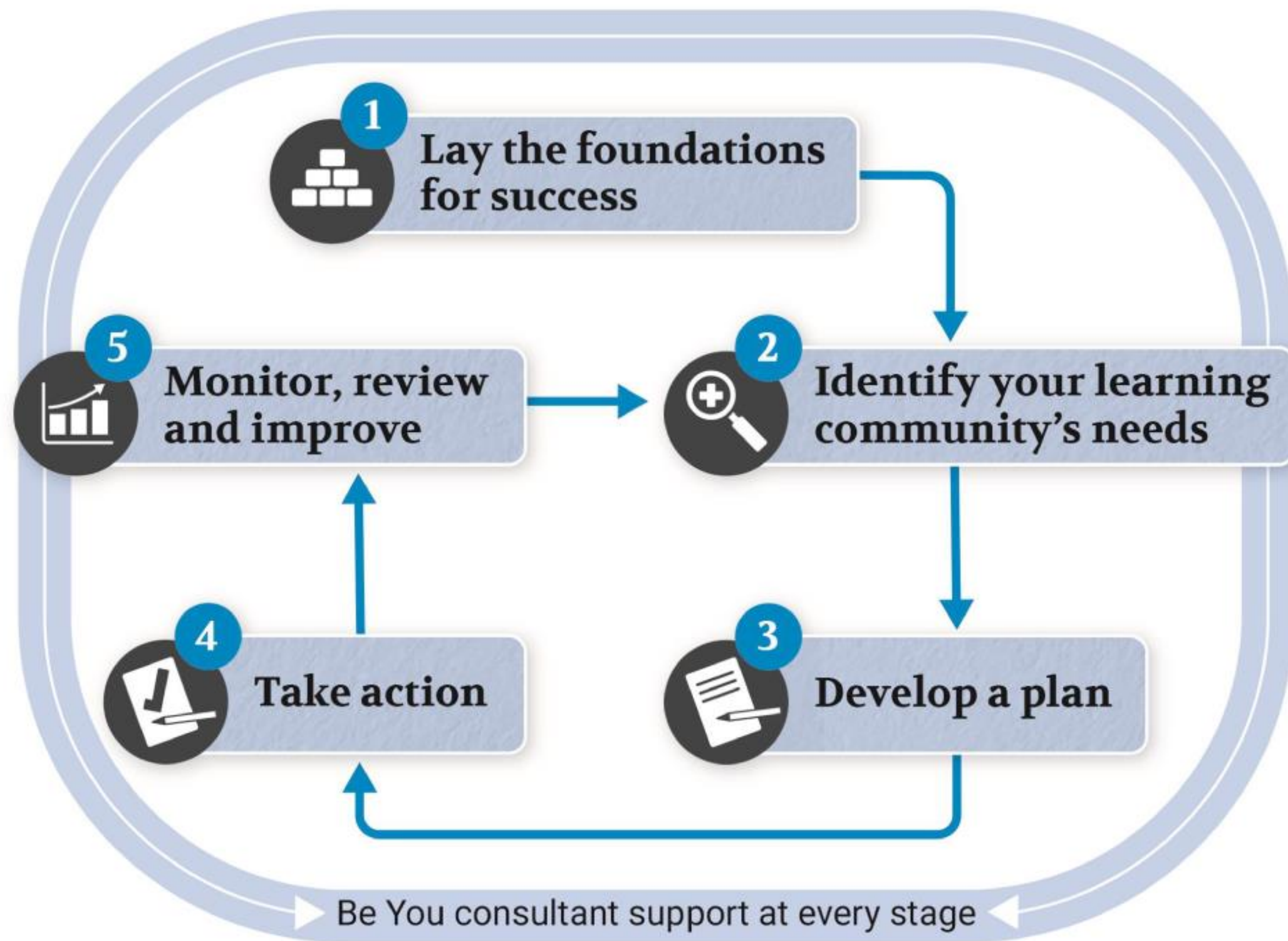


What do mentally healthy communities look, sound and feel like?



Embed: Social and Emotional Learning





Measuring our learning, action and improvement

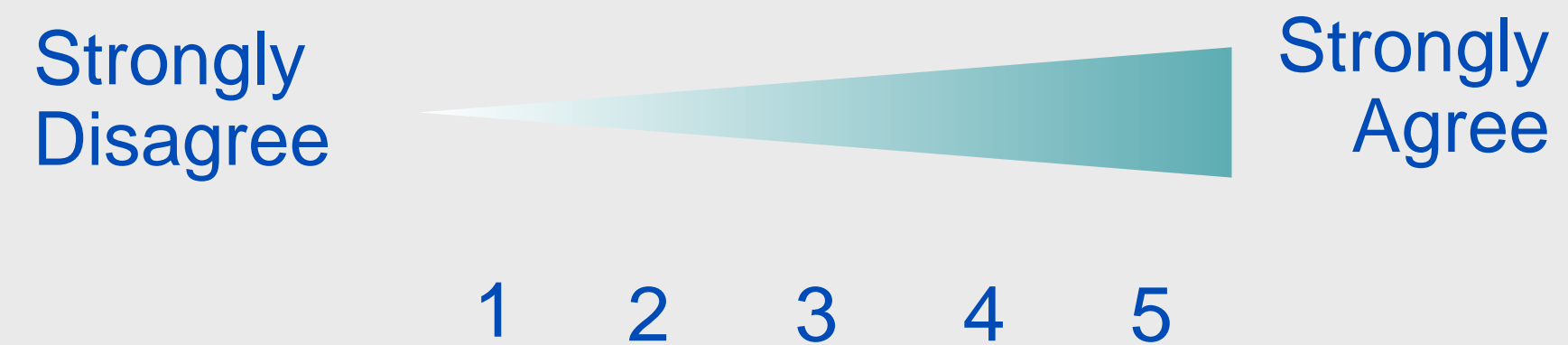
How do we measure quality?

How do we know that we are improving quality?



Embed: Intentional teaching

15. Social and emotional learning is intentionally taught to all children and young people by all educators.



Embed: Play and learning

Play is an avenue for intentional teaching that is planned or occurs authentically in the moment.



Give children time to play in their own way

Consider social and emotional learning in all that children do.

Learning map

Knowing, being and doing

is valuable for learning. Manage best when they can do it in their own way. It is important throughout early childhood—birth to 8 years.

Many ways of doing

- Encourage children to take healthy risks.
- Support children when they feel sad /happy, anxious or shame.
- Know when to stand back and trust children.
- Provide space for children to recreate experiences from 'home life'.

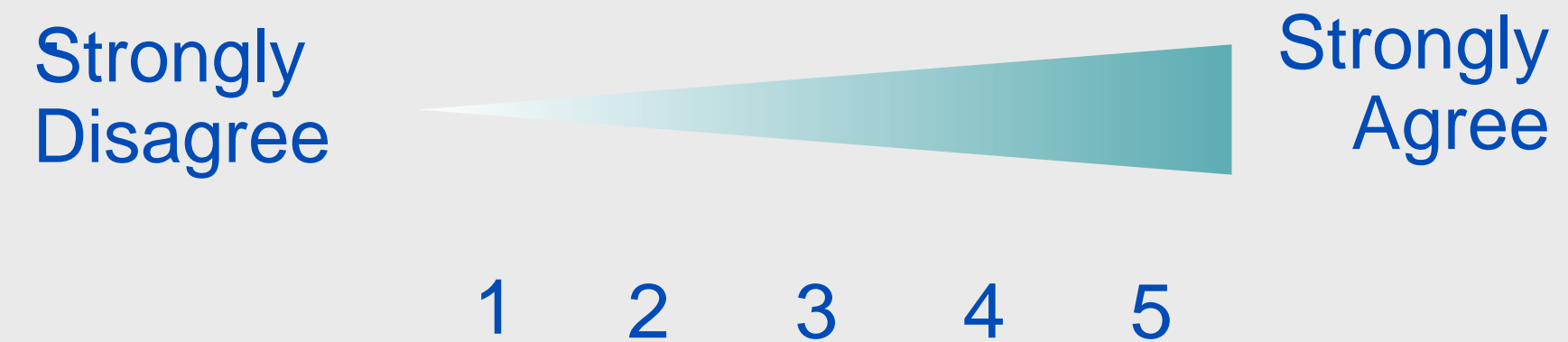
Connecting to Community

- Connect in conversations with children when they want to talk in play.
- Effective play environments reflect homes and community in authentic ways.
- Connect with culture—encourage children to revisit their experiences through play.
- Share children's play stories between families and educators.

Logos: be you, Beyond Blue, Early Childhood Australia, HeadSpace, Australian Government Department of Health

Embed: Help seeking strategies

16. Help seeking strategies are promoted and normalised across your learning community.



Embed: Seeking help your way

Make Action Charts your own to review, guide action, or be prepared.

- Individual 'just in case' plans to be safe
- Team plan showing there is no shame in seeking help
- Document whole learning community action and change



Many ways of knowing, being and doing

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Learning Map

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Many ways of doing

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Connecting to Community

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Connect: Relationships for mentally healthy communities

4. Strategic planning and processes actively support educators to build and model healthy and respectful relationships with colleagues, families, children and young people.

Strongly
Disagree

Strongly
Agree

1 2 3 4 5

Understand: Mentally Healthy Learning Communities

1. Learning community's policies and procedures help create and maintain a mentally healthy community.
2. Leadership take responsibility for and demonstrates, a strong commitment to create and maintain a mentally healthy community.
3. Educators are encouraged and supported to build their knowledge and skills to support children and young people's mental health and wellbeing.

Strongly
Disagree

Strongly
Agree

1 2 3 4 5

Looking to participate in
Be You – reflection tool



Thank You

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