

# Children's Mental Health

These **new** sessions focus on children's mental health and are facilitated by **Cecilia Ebert**, an experienced and qualified Infant Mental Health and Social Work professional.

## Infant mental health: Setting foundations for life

Often early childhood educators wonder about mental health concerns in very young children. If you are curious about the meaning of the term Infant Mental Health, then this session is for you.

In this session we will discuss what aspects in the lives of young children could pose risks for mental health concerns and, clarify and correct any misinformation and discuss what you can do to promote Infant Mental Health in young children so that you can contribute towards setting strong positive foundations for life.

**Tuesday, 30 January 2018**  
1.30pm - 4.30pm

**Cost:** \$88.00 p.p. **Register**

## Mental health in middle childhood (OSHC)

As an educator in OSHC you play an important role in the lives of the children attending your program. Your involvement, presence and commitment will contribute to the mental health and wellbeing of children.

The session will:

- Explore the meaning of the term mental health
- Identify issues that could impact mental health in middle childhood
- Discuss your role: What can you do? What shouldn't you do?
- Reflect on the language we use regarding stereotypes and mental health stigma.

**Wednesday, 31 January 2018**  
2pm - 5pm

**Cost:** \$88.00 p.p. **Register**



*Gowrie*  
South Australia