The four components of KidsMatter Primary

Schools can make a difference to children's mental health and wellbeing by addressing four key areas. Each KidsMatter Primary school will be working on the following four components:

1. A positive school community
   Positive relationships at school enable children and families to feel that school is a place where they feel welcome, where they will be listened to and where they can contribute. A positive school community helps children feel that school is a safe place where their needs can be met. Research has shown that when children and families feel connected to the school, children are less likely to develop mental health problems and they succeed better at school.

2. Social and emotional learning for students
   Learning how to manage feelings and get on with others is an important part of children's development that helps them learn better and feel good about themselves. Teaching children social and emotional skills as part of the school curriculum gives them tools for coping with emotions, solving problems and learning more effectively.

3. Parenting support and education
   If we want to promote children's mental health and wellbeing, it makes sense for families and schools to work closely together. Schools can support parents and carers in their central role of caring for children by making useful information and resources about parenting available and by letting them know where they can get further assistance.

4. Early intervention for students who are experiencing mental health difficulties
   When children and families are able to access effective mental health intervention early it can make a significant difference to their lives. KidsMatter Primary schools learn to respond more effectively to children's mental health difficulties by identifying when problems may need follow-up, providing information for families and developing links with mental health services in their local area.

This resource is part of the KidsMatter Primary initiative. We welcome your feedback at www.kidsmatter.edu.au

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