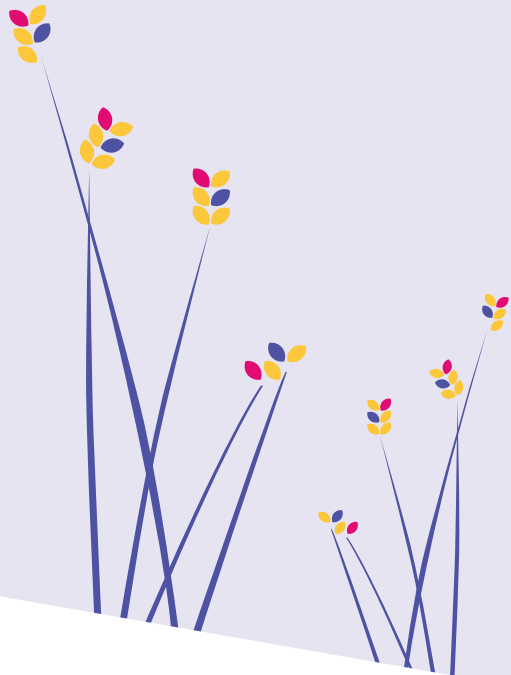


Building a strong foundation for children's mental health and wellbeing

How can you help?

- > Listen to your child's concerns.
- > Provide reassurance.
- > Provide security.
- > Build Children's strengths.
- > Allow for vulnerabilities.
- > Talk to your child's teachers.
- > Seek additional help.



Acknowledgment: Kidsmatter [Building Protective Factors For Children's Mental Health](#), 2008

Our Ethos

At Grove Kindergarten we incorporate social and emotional learning across all curriculum areas with a focus on restorative practices and child protection.

It is part of our philosophy to support individual children's social and emotional development in a safe and supportive environment. We encourage connections and a sense of belonging amongst children and families through daily interactions and involvement. Children engage in both one on one experiences and group discussions as real life situations arise.

We encourage parents to become involved in the kindergarten and to seek support when needed for any issues that may impact on their child's health and wellbeing.



Government of South Australia
Department for Education and
Child Development

Building Blocks to Children's Wellbeing

Becoming Confident and Resilient




Grove Kindergarten

An integrated approach to Education and Care

Risk and protective factors for children's mental health and wellbeing

Individual	Protective Factors	Risk Factors
Children's abilities and needs	<ul style="list-style-type: none"> > Good social and emotional skills > Positive coping style > Optimism > Easy temperament > School achievement 	<ul style="list-style-type: none"> > Difficult temperament > Low IQ > Low self esteem > Disability
Family		
Circumstances and relationships	<ul style="list-style-type: none"> > Family harmony and stability > Supportive and caring parents/caregivers > Strong family norms and values > Responsibility (of child) within the family 	<ul style="list-style-type: none"> > Family disharmony, instability or breakup > Harsh or inconsistent discipline style > Low parental involvement > Family substance abuse > Family mental illness > Disability of parent or sibling
School / Kindergarten		
Practices and environment	<ul style="list-style-type: none"> > Provide climate that enhances belonging and connectedness > School norms against bullying and violence > Opportunities for success and recognition of achievement 	<ul style="list-style-type: none"> > Negative climate that does not effectively address issues of safety, bullying or harassment > Peer rejection > School failure > Poor attachment to school > Inadequate or harsh discipline policies and practices

Table adapted from Kidsmatter. Overview of the Initiative: framework components and implementation details, 2007.



Children need effective social and emotional learning through the curriculum.

Social and emotional learning is:

Self Awareness	Learning about feelings and how to manage them
Communication	Develop and manage friendships
Conflict Resolution	Problem solving to manage and cope with difficult situations

Children need opportunities to practice social and emotional learning in a positive and supportive environment

This involves children:

- > Feeling connected to their environment and a sense of belonging
- > Feeling respected and valued by others who listen and respond effectively
- > Feeling safe to participate and explore their emotions and develop social and emotional skills without feeling threatened
- > Being supported to make mistakes and work through difficult situations with the support of others

