

Supporting transitions with Green Point Early Learning Centre

Video transcript

I learned when I was a really young girl that every child just needs one person in their life to show them that the world is a safe place. I wanted to be that person for as many children as I could.

My own personal beliefs and values sit very closely with Be You because I think mental wellbeing is just as important as people's physical wellbeing.

I like playing too. Macy?

Bridgewater is a very diverse community. Our children have a lot of complexities in their lives. 60% of our children that attend the outside school hours care program, would be classified as vulnerable.

A lot of the children have come from trauma backgrounds and some have medical diagnoses of ADHD, fetal alcohol syndrome.

That sort of layers a lot of challenges and dysregulation in the children. Some of those behaviours can be very challenging to face and need a whole team to support them.

We wanted our environment to be just open to allow children to be free, to explore and to play outside and to be in nature.

Every activity has a purpose and a reason, but to the child should just feel like play.

I talk a lot to my educators about the fact that they're a secure base for the children that are in their care.

The children can have confidence to develop, to explore and to learn, but always have someone to come back to for that nurturing or emotional support.

Charlie is a very busy little boy. 12 months ago now he went through some significant trauma.

As a result of that, he became very aggressive and just appeared very angry inside.

To support Charlie, we had to find someone other than myself to be that secure base in the room.

I sat down with his mum and I said, 'who do you think would be most suited to Charlie?'

And she said to me, 'Charlie will find his person'.

How are we mate? Good. That's good.

I found this one. That's a pretty cool leaf.

He's a very energetic kid, he loves his sports, he loves his climbing.

He loves being very physical and he is a very creative child as well.

I've definitely become his person, one he looks up to, one he looks out for. He knows that he can come to me.

I'll be able to listen to him and help him regulate and just hear him out.

Someone wrecked my fort. Someone wrecked your fort, and how did that make you feel? Angry.

Angry, it's all right to be angry. What can you do? What would you like to do?

Would you like me to help you rebuild it? Would you like to do something different? Let's go, good job.

I feel safe around him because he always helps me with stuff. I don't feel nervous around him because I've known him for a long time.

With Be You and having access to the modules particularly around transitions, it has helped myself and the educators with ways of supporting children.

It gives me the tools to support the families around children's mental health and their wellbeing.

If I'm uncertain about something, it just gives me a place to go. If we don't know how to tackle a situation, we can go onto Be You and there could be something that will help us.

And it's been really encouraging and really good.

Do you wanna lie down on the therapy pod? How are you feeling? You don't know. Sometimes I don't know how I'm feeling either and that can be pretty tricky when you're not sure how you're feeling and then you don't know what you need.

We do try to look at the child in a holistic manner and what will support that child as an individual.

So a part of that process is recording triggers for the behaviours. Sometimes it's really hard to regulate when a room is incredibly stimulating. We have a cool down zone. They can really open up and articulate about maybe what has triggered them and what they would like to do next time this happens.

How are you feeling now? You're feeling good? That's good.

Owen's one of our newer children in OSHC. He's been here for two years. He really struggled with communicating about his emotions, become very aggressive, breaking resources, using some colourful language.

How were you feeling when you needed to go visit Kellie? I wanted to go with Kellie so I can have a bit of my own time. A bit of your own time?

Yeah, that's okay. We need some time by ourselves sometimes, don't we? Yeah.

Owen can get quite upset when it's transitioning time. Quite often when it was time to go to school we would see Owen refusing.

He wouldn't come and get his bag, he would hide under tables.

So sometimes when Owen becomes frustrated, he will walk out of the room and sit.

And he'll point to me and I'll go out and sit with him and we have a bit of a chat about what's going on.

And after a little while he'll start talking to me and telling me what's happened and what has made him upset. He has that relationship with me where he knows that he can ask or speak to me about whatever it is that he feels he needs to.

Each child is completely different to one another. They all have their own unique ways.

Just to know exactly what will trigger them and what will help, all that kind of information is very useful.

I had struggled a lot with my personal mental health. To go through what I've gone through, to know that I'm helping.

Whether it be a big way or a little way, I'm still impacting part of their life.

To be able to connect with children in that way is a big thing for me.

Yeah, it's really nice.

ENDS