



*Notice and observe
children's mental
health*

Included below are reflective questions referred to during the webinar along with links to additional information, resources and references.

In practice reflective questions

These reflective questions can be used to form the basis of a conversation with your Be You Action Team or Learning Community Leadership.

- ④ How tuned in are you to the children you work with?
- ④ What does being 'attuned' to children look like, feel like and sound like'?
- ④ Are you actively 'with' children so you are in a position to notice'?
- ④ What is meaningful noticing? How do you determine this?
- ④ Reflect on how you notice, recognise and respond?
- ④ Does making the step from noticing to recognising always happen?
- ④ Are the recording techniques you use the most effective for the purpose?
- ④ Do you notice through a mental health lens and reflect on the strong connection between behaviour and mental health?
- ④ Do you reflect on your everyday practices, routines and decision making in relation to children's behaviour?
- ④ Do you consider your own mental health and wellbeing and its impact on the relationships you have with children?

Links to additional information, resources and references from the webinar

Always Be You

<https://beyou.edu.au/resources/always-be-you>

Be You Professional Learning

<https://beyou.edu.au/learn>

Mentally Healthy Communities domain

<https://beyou.edu.au/learn/mentally-healthy-communities>

Family Partnerships domain

<https://beyou.edu.au/learn/family-partnerships>

Early Support domain

<https://beyou.edu.au/learn/early-support>

ACECQA National Quality Standard

Quality Area 1 Educational program and practice

Quality Area 5 Relationships with children

<https://www.acecqa.gov.au/ngf/national-quality-standard>

Resources

BETLS Observation Tool

<https://beyou.edu.au/resources/betls-observation-tool>

Mental Health Continuum

<https://beyou.edu.au/resources/mental-health-continuum>

Planning for wellbeing – mine yours ours

<https://beyou.edu.au/resources/tools-and-guides/wellbeing-tools-for-you>

Be You Wellbeing Tools

<https://beyou.edu.au/resources/tools-and-guides/wellbeing-tools-for-you>

Wellbeing plan for educators

<https://beyou.edu.au/-/media/resources/tools-and-guides/wellbeing-tools-for-you/practice/be-you-wellbeing-plan-for-educators.pdf>

Be You Fact Sheets

Development

<https://beyou.edu.au/fact-sheets/development>

Communication skills for educators

<https://beyou.edu.au/fact-sheets/relationships/communication-skills-for-educators>

Staff Wellbeing

<https://beyou.edu.au/fact-sheets/wellbeing/staff-wellbeing>

Stress Management

<https://beyou.edu.au/fact-sheets/wellbeing/stress-management>

Cultural diversity and mental health

<https://beyou.edu.au/fact-sheets/relationships/cultural-diversity-and-mental-health>

Be You In Focus webinar recordings

Play for wellbeing

<https://beyou.edu.au/resources/sessions-and-events/play-for-wellbeing>

Infant and toddler wellbeing: laying the foundations for lifelong mental health:

<https://beyou.edu.au/resources/sessions-and-events/infant-and-toddler-wellbeing>

Diversity matters for mental health

<https://beyou.edu.au/resources/events/diversity-matters-for-mental-health>

Professional boundaries and difficult conversations

<https://beyou.edu.au/resources/events/professional-boundaries-and-difficult-conversations>

Promoting educator wellbeing

<https://beyou.edu.au/resources/events/promoting-educator-wellbeing>