

Raising Healthy Minds - Information Kit for organisations working with families and children

We trust that you find this kit useful in providing critical resources to your members and stakeholders about the new Raising Healthy Minds app. Designed specifically for parents and carers of children 0-12 years old, the app contains critical information and support for raising confident and resilient children.

The Australian Government Department of Health provided funding to the Raising Children Network to create a free, easy to use resource for parents across all of Australia.

The kit contains:

1. QR code for easy download of the app
2. Newsletter article to include in your print or digital newsletters
3. 3 social media tiles to share on your own channels
4. FAQ sheet to answer common questions



For further information, please contact Stephanie Childs on 0407 925 523 or media@raisingchildren.net.au

QR Code



Newsletter article for stakeholders

Introducing Raising Healthy Minds

We're excited to share [Raising Healthy Minds](#) - a new app filled with tips and practical ideas to help parents and carers raise confident, resilient children aged 0-12, and to help the professionals who support them.

Brought to you by the highly respected Raising Children Network, the free app is designed by experts to promote children's social and emotional wellbeing, allowing parents, carers and professionals to check on a child's development and behaviour, or get helpful information based on the child's age.

It covers topics including anxiety, bullying and cyberbullying, gender identity, temperament and learning difficulties and is aimed at users of all backgrounds and abilities.

The app is supported by the Australian Government Department of Health and is an easy-to-use, evidence-based resource to share with parents and carers who have raised concerns with you about their child's social or emotional wellbeing, or where you have observed concerns about a child.

Raising Healthy Minds is FREE to download from Google Play or the Apple store. You can also access it by using the QR code.

Full list of topics covered at launch include:

(NOTE: Depending on your specific area of interest, you may wish to focus on some of the topics that are particularly relevant to your audience – the full list is to give a sense of all the topics covered)

- Supporting your child's social development
- Talking with your child about feelings and worries
- Trauma
- Emotional regulation
- Helping your child understand feelings
- Self-esteem
- My self care
- Play and wellbeing
- Understanding behaviour
- Exercise and movement
- Family time and work-life balance
- Temperament
- What mental health looks like in children
- Anger
- Moods/strong feelings
- Nurturing environments for children
- Sadness
- Shyness
- Stress
- Tantrums
- About anxiety in children
- About depression and children
- My mental health
- Disappointment
- Building and increasing resilience
- Bullying/Cyberbullying
- Connecting with your child
- Your relationship with your child
- Encouraging positive behaviour

Social Media Tiles



Raising Healthy Minds app 1



Raising Healthy Minds app 2



Raising Healthy Minds app 3

FAQs for stakeholders

How can I access the app?

The app is FREE to download from Google Play or the Apple store. You can also access it by using the QR code.

Is the app relevant for all parents and children?

The app is aimed at parents and carers of children aged 0-12 and for childhood health professionals and clinicians.

Who has developed the information in this app?

The app has been developed by an expert panel of 21 high-level childhood health and development professionals, led by Professor Frank Oberklaid, co-chair of the National Children's Mental Health and Wellbeing Strategy. It has been codesigned and user-tested by parents, health professionals and clinicians.

Can I use the app for all of my children?

Currently the app only allows you to register one child from 0-12 but soon you will be able to add as many children as you like, with tailored information for every age and stage of their development.

My child has special needs - is the app relevant for them?

The app provides information about emotions and behaviours that impact all children, including those with special needs. We welcome your feedback if you think it doesn't address the needs of families you are supporting, as we are always updating and improving it.

I do not speak English - does it provide information in my language?

Currently the app is only in English, but it has been designed to be accessible through the use of videos, images and infographics as much as possible. Future versions of the app will include translated material.

I do not read well - can I still use the app?

The app has been designed using videos, images and infographics as much as possible to make it easy to access.

How will my data be stored?

Your personal information is stored in a secure database accessed by specific Raising Children Network staff only. You can read more about our privacy policy on the Privacy policy page in the More menu in the app.

Will my and my child's data be linked in any way to My Health Record?

No, there is no link between this app and the Government's My Health Record.

Will my and my child's data be linked in any way to Medicare or to my GP services?

No, there is no link between this app and either Medicare or GP services.

How can I give feedback about the app?

We would love to receive your feedback. Please use the feedback button to let us know what you think and any other topics you would like to see included.

The app is not intended for use by children. It is not intended to replace psychological and psychiatric services. If experiencing a health emergency, dial 000.

Ambassador Quotes**Dame Quentin Bryce AD CVO - Former Governor General of Australia**

"Supporting children to build the emotional and relationship skills they need to navigate the world is so critically important, it's not always straightforward. Raising Healthy Minds will be a fantastic tool for parents, giving guidance and helpful ideas 'in the moment', just when parents can use it."

"Raising Healthy Minds helps parents explore what might be going on with their child. It has a special focus on healthy development at different ages and stages. It helps understand what to expect, build up a parent's toolkit, and identify situations where additional support might be needed."