



---

## Families matter

<http://www.kidsmatter.edu.au/families>

KidsMatter is an Australian mental health and wellbeing initiative set in primary schools and early childhood education and care services. It's unique because it brings together all the most important people in a child's life - especially families!

Research clearly shows that children who are mentally healthy are better able to meet life's challenges. They are also better learners and have stronger relationships.

Good mental health in childhood lays the foundations for the future, and it is never too early for families to start supporting the mental health of children.

### Quick Links

- [Mental health basics](#)
- [Social and emotional learning](#)
- [Should I be concerned?](#)
- [Mindfulness for children](#)
- [Getting help](#)
- [Services and supports](#)
- [Autism spectrum disorders](#)
- [Anger](#)
- [ADHD](#)
- [Anxiety](#)
- [Bullying](#)
- [School refusal](#)

