

## Child360 app for parents

### What is this app about?

The Child360 app has been designed as a tool for parents to reflect on how they are going in supporting their children's social and emotional wellbeing, and identify areas where action can be taken to strengthen resilience. Parents can use the app either on their own or with guidance from a practitioner.

Child360 facilitates reflection on five areas demonstrated to strengthen children's resilience: parent-child relationships, emotions and behaviour, routines, communication, and support networks (PERCS). Parents are presented with questions tapping into each of the areas and asked to evaluate whether they consider the area to be a strength ('things are okay') or a vulnerability ('I'd like some help').

After completing the PERCS questions, parents select an area to work on and then choose from three levels of action: accessing information through articles/videos; speaking to someone via an online or phone service; and making an appointment to see a GP or child and maternal health nurse.

### Who is this app for?

The app is designed to be used from pregnancy through to when a child is aged 18 years. After creating a child profile, the app takes the birth date of the child and uses this to provide age-specific information according to five age groups: pregnancy; 0-2 years; 3-4 years; 5-12 years; and 13-18 years.

### Why was this app developed?

The app was developed to provide parents with a simple tool for strengthening children's social and emotional wellbeing. It recognises that all families face challenges that can impact children's wellbeing and provides guidance about actions that parents can take to strengthen their children's resilience.



### How was this app developed?

The app was developed as a partnership between parents, health professionals, researchers, and app developers. It draws on knowledge, evidence, and experience about practical strategies parents can use to support their children's resilience. A focus group of five child and family partners were involved throughout the development of the app, providing input into the structure, content, and purpose. They also tested and provided feedback on early versions of the app.

### What are the benefits of this app?

Child360 allows parents to be proactive about supporting their children's social and emotional wellbeing and strengthening resilience. It simplifies what is a large and confusing field of information into five areas and guides parents to high-quality information that can assist them to make positive changes for their child and family.

Delivery partners:



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The National Workforce Centre for Child Mental Health is funded by the Australian Government Department of Health under the National Support for Child and Youth Mental Health Program

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## How should parents approach the app?

Parents are encouraged to view the app as a tool to gain information about how their child is going across five areas of social and emotional wellbeing. After completing the check-up, parents are provided with a summary showing areas where things are going well and areas where they can take steps to strengthen their child's resilience. It is recommended that parents choose one area to work on at a time.

## How can practitioners support parents to use the app?

While the app can be used alone, some parents may prefer to work through the app with the support of a practitioner (e.g. GP, social worker, support worker). Practitioners can partner with parents in the process of identifying and implementing changes in one of the areas covered by the app. For example, if a parent identifies that 'routines' is an area that can be strengthened, a practitioner can work with the parent to identify what kind of routine would suit the family and steps the parent can take to implement a new routine.

## How do parents access the app?

Child360 can be downloaded from the Apple App Store or Google Play. You can also find links to download the app on the Emerging Minds website.



## With thanks to ...

The involvement of our Child and Family Partners was an integral part of the development of the Child360 app and their time, energy, and wisdom is greatly appreciated. We are also grateful for the valuable feedback provided by the Emerging Minds' staff who participated in a review of the app.

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