

Family Support Toolkit:

Children's Wellbeing Continuum



Understanding children's emotions

Children learn about emotions over time. When children are young, they often need support from adults to recognise, name and express their feelings. The Raising Children Network article [Understanding and managing emotions](#) explains why emotional development is important and how parents can support children to build emotional skills.



[Learn more](#)

Using the Children's Wellbeing Continuum

The [Children's Wellbeing Continuum](#) is a simple tool that helps parents and carers understand a child's wellbeing. It shows how children can move between feeling good, coping, struggling or overwhelmed, and can help parents notice when a child might need extra support.



[Learn more](#)

Supporting your child's wellbeing

The [Raising Healthy Minds app](#) is a free tool for parents of children aged 0–12 years. It includes practical tips and activities to support children's social and emotional wellbeing at different ages.

The app also features the Children's Wellbeing Continuum animation to help parents understand their child's emotional experiences.



[Learn more](#)

For more information about supporting children's wellbeing:

- [Emerging Minds – Families](#)
- [Emerging Minds – Understanding children's mental health](#)



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Network**



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