

Why is Early Intervention Important?

As children develop, it is common for them to display problematic behaviours. They are still developing the social, emotional, and problem solving skills we all need. However, when problematic behaviours frequently occur they can affect family cohesion, and can interfere with a child's social, emotional and academic development.

Research suggests that children who frequently demonstrate problematic behaviours are more likely to continue to experience difficulties throughout their development and into adulthood. Research also shows that there are effective early interventions which can assist children to develop more helpful coping responses.

By working with parents and schools, the *Got It!* team aims to assist children by improving their social, emotional, and problem solving skills, which will enable them to more effectively manage difficult situations.

Got It! Team

Northern Sydney
Local Health District

Getting on Track In Time

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Health
Northern Sydney
Local Health District



*A school-based
early intervention
program supporting
children with their social
and emotional
development*



Health
Northern Sydney
Local Health District

Getting on Track in Time (Got It!)

Getting on Track in Time (*Got It!*) is a school-based early intervention program aimed at assisting parents and teachers to support children's social and emotional development.

The program is delivered by a specialist mental health team, in partnership with the NSW Department of Education.



How does *Got It!* work?

Universal Parent Support. All parents of children from K-6 are invited to attend two education sessions held at their school. These sessions present information about evidence-based parenting strategies to support children's social and emotional development.

Universal Teacher Support. Professional development is delivered to all teaching staff across K-6 introducing strategies to support children's emotion regulation in the school context.

Targeted Early Intervention Program. Teachers and parents of all children in K-2 will be invited to complete a questionnaire to help identify children who may be experiencing emotional, social, or behavioural difficulties and who may benefit from involvement in the *Got It!* small-group program with one of their parents. The group will be held weekly for one term at their school.

Participation in the small-group program provides parents with the opportunity to learn additional parenting strategies and for children to gain skills in emotion regulation early in their development. Families who are unable to participate in the targeted small-group program will be supported with referrals to alternative services if required.

***Got It!* offers Children:**

- Skills to better manage their feelings and behaviours, both at home and school
- Strategies to make and maintain friendships more effectively
- Continuing development of problem solving skills
- Support in developing confidence and resilience

***Got It!* offers Parents:**

- Parenting strategies
- Support in their parenting roles to continue promoting a positive family environment
- New skills to make a positive difference to their child's social and emotional wellbeing during this important developmental period
- Additional social and support networks
- Opportunities to continue building positive relationships with their school

***Got It!* offers Schools:**

- An opportunity for Health and Education to work together in partnership
- Professional development and information seminars funded by the *Got It!* program provided to all parents and teachers at the school.

