

Ngala is a provider of Early Parenting and Early Childhood services with a passion for supporting and guiding families and young children through the journey of parenting.

Our services are available for families with young children who work or reside in Western Australia and our online information is available to everyone.

Hyperlink: <http://www.ngala.com.au/>



It's a fact that children can be taught how to cope with their emotions, to bounce back from problems, and to develop positive relationships – this is called 'social and emotional learning'.

It's also a fact that a child's family is the first and biggest influence on their mental health. Basically, families can teach children these skills as early as possible in life – even from when they're babies!

KidsMatter provides families with a range of information sheets to help them support children's mental health and wellbeing, and to recognise if and when professional help is needed.

They contain practical information, tips, and strategies across a range of common childhood issues, and were prepared by professionals experienced in the area of children's mental health and development.

You may copy these materials freely provided acknowledgment is made to the sources.

Kidsmatter link: <http://www.kidsmatter.edu.au/families/information-sheets>



About Michael

Australia's NO. 1 Parenting educator

Michael is the author of 8 parenting books, including his new release *Thriving!* and the best-selling *Why First Borns Rule the World* and *Last Borns Want to Change it*.

His popular parenting columns appear in newspapers and magazines across Australia. He appears regularly on television including Channel 10's *The Circle*, and is a popular & entertaining speaker as well as a frequent columnist for a variety of written media. He also has a regular fortnightly half hour parenting segment on ABC radio Victoria.

Michael has an education background, and holds a Master of Educational Studies with research into what makes healthy families tick. He has conducted over 1,500 parenting seminars over the last two decades.

Michael

Link to home page of Micheal : <http://www.parentingideas.com.au/Parents/How-to-Parent>

Obtain your FREE parenting magazine : <http://www.parentingideas.com.au/Parents/Parenting-Magazine>