

Child wellbeing and changing trajectories

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Session plan

How are our communities going?

How can we help?

How do we help?

Question time



Setting the scene

Diagnosis	Cases (%)
Autism	15
ADHD	14
Sleep disturbance	8
Learning difficulty	7
Behaviour	7
Language delay	6
Anxiety	6
Asthma	6
Allergy	6
Intellectual disability	5

Domain	On track (%)	At risk (%)	Vulnerable (%)
Physical health & well-being	78.5	11.7	9.8
Social competence	75.9	14.4	9.6
Emotional maturity	77	14.5	8.5
Language & cognitive skills	82.6	10.1	7.3
Communication skills & general knowledge	77.1	14.5	8.4

1 in 7 children in Australia have a mental illness

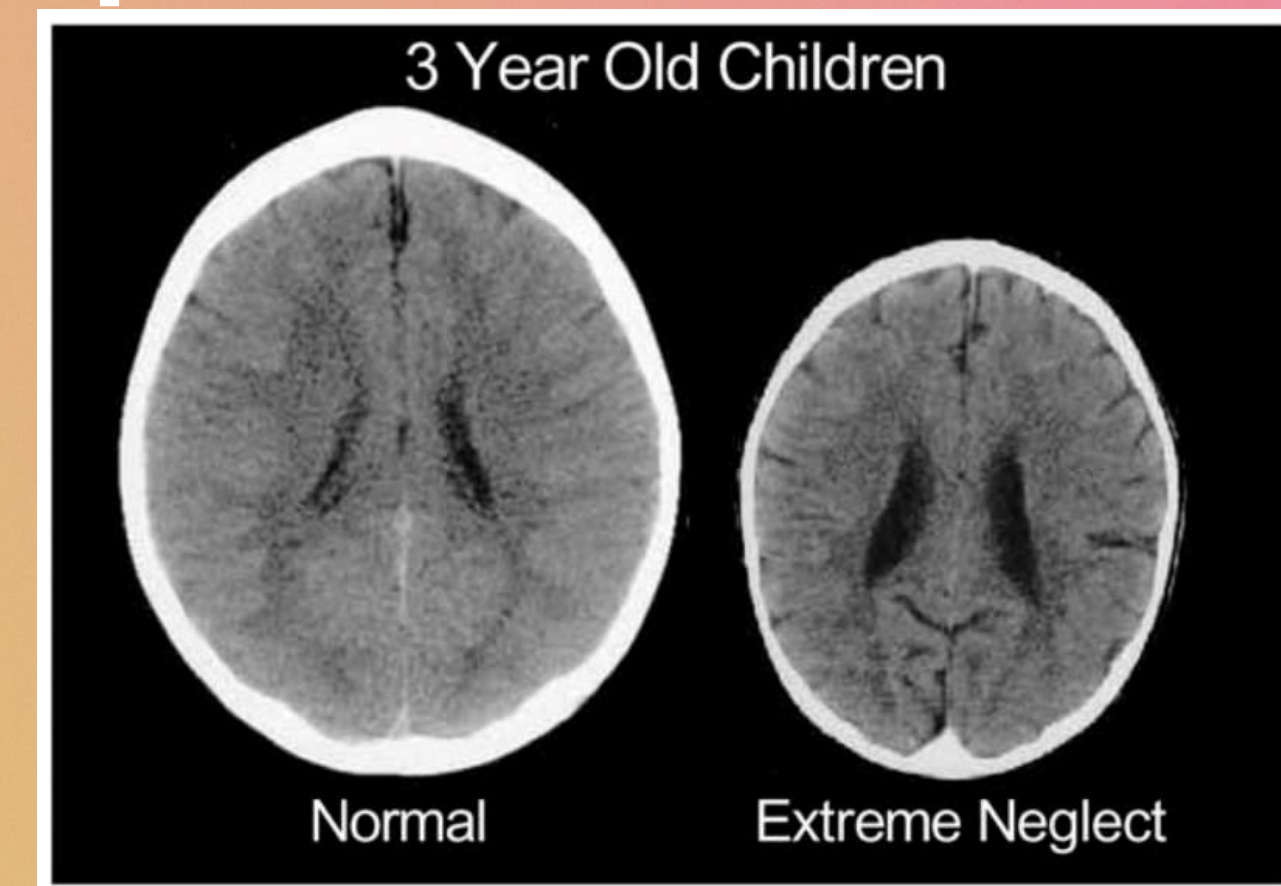
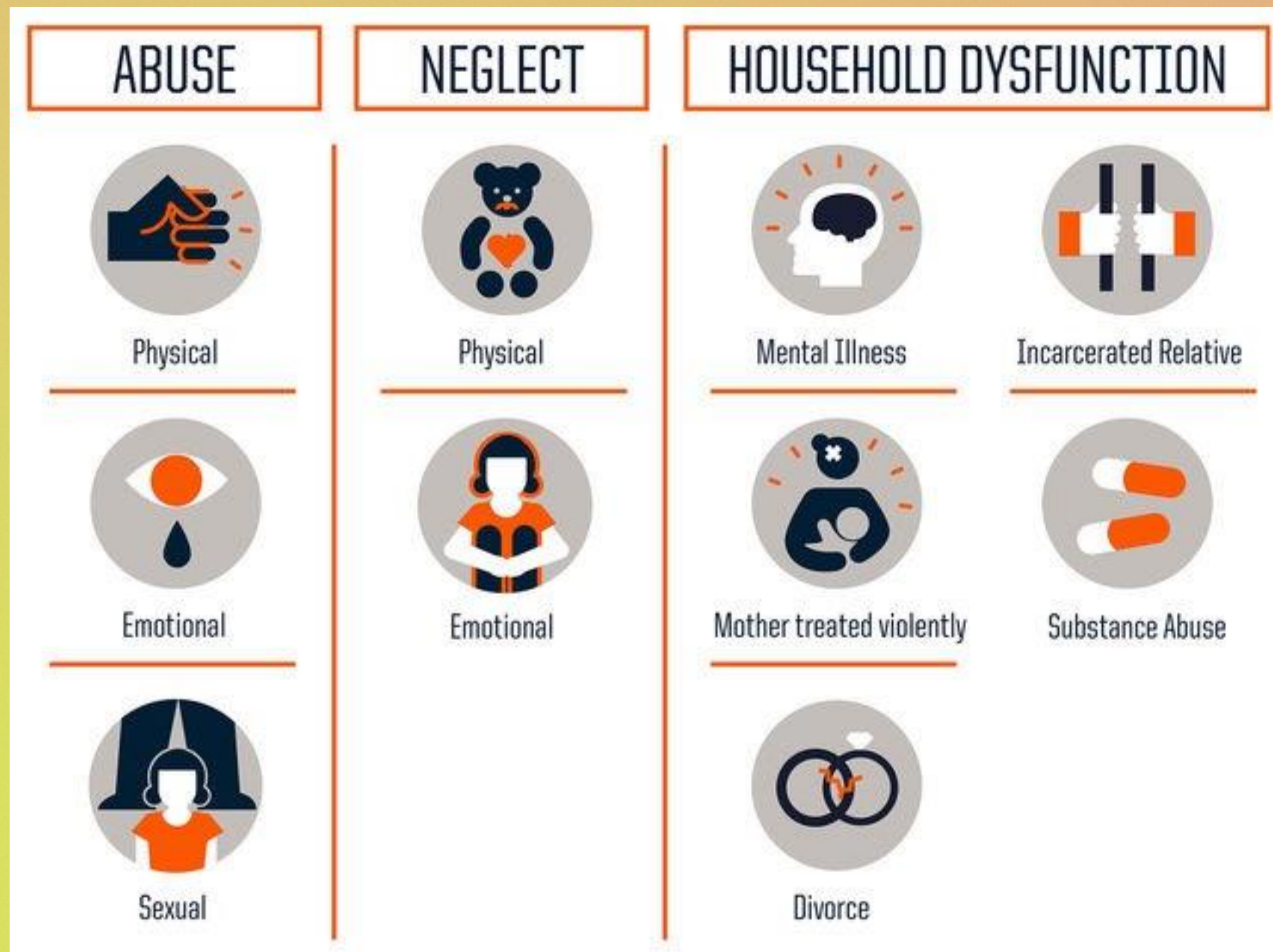
What does it feel like trying to get help



Adversity in our community

1 in 5 kids has experienced 3 or more adverse childhood experiences

1 in 32 children have child protection involvement in a 12 month period



The antidote to adversity

1. Able to talk with the family about my feelings
2. Felt that my family stood by me during difficult times
3. Enjoyed participating in community traditions
4. Felt a sense of belonging in school
5. Felt supported by friends
6. Had at least two non-parent adults who took a genuine interest in me
7. Felt safe and protected by an adult in my home



What is our role?

How do we achieve this?



TECHNICAL
EXPERTISE



RELATIONAL
EXPERTISE

Being a helper

Helper qualities

Respect

Empathy

Genuineness

Technical expertise

Enthusiasm

Helper skills

Open questions

Silence

Empathy

Active listening

Reflecting back

Self-disclosure

Challenging

Before the conversation

Collect information

Observation

Expertise of others

What is the goal?

Beginning conversations

Goal is trust, rapport and shared power

How do we achieve this?

Exploring the goal & path towards it

Shared understanding BEFORE goal setting

How do we know we have a shared understanding?

The end

Summary

What's next (roles and responsibilities)

Informal and formal follow up pathway

How did we go? *How can we tell?*

Restorative practice iRL

What happened?

Who has been harmed and how?

What needs to happen to repair the harm?

Questions



Session reflection

How are you going in terms of your goal for the session?

How are we going in this partnership?

How am I going in my journey of being helpful?



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