



## Further Information

For further information please contact:

### **MNCLHD Got It! team**

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**Got It!**

**Program Information**



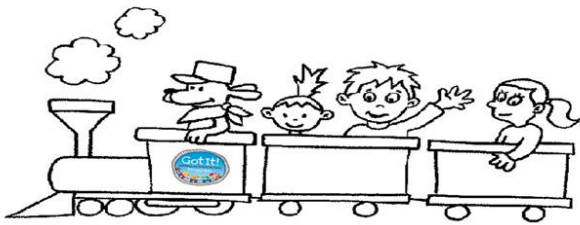
**Health**  
Mid North Coast  
Local Health District

# What is *Got It!*?

*Got It!* (Getting on Track in Time) is a school-based early intervention program for children in Kindergarten to Year 2 provided by allied health staff from Mid north Coast Local Health in partnership with Department of Education.

*Got It!* works with your school to provide a program that is aimed at building resilience and enhancing social and emotional skills in your children with support from parents/carers and teaching staff.

This program will provide an opportunity to be part of a fun and supportive group that can enhance parents/carers knowledge and skills in dealing with emotions, child development, behaviour and parenting.



# What do we do?

**When?:** *Got It!* group runs over 9 - 10 weeks (2-hour sessions) during school term.

**Who attends?:** A group of 6-8 children **and** their parents/carers, 2-4 *Got It!* clinicians and teacher.

**Where?:** The group will run at your child's school.

## We also provide:

- consultation, advice and referrals to other specialist services for children and families.
- training/resources for school staff.



# Group Content

Topics covered in the *Got It!* group program:

## Interactive group:

- Enhance parent-child interactions through therapy activities
- Mindfulness activities

## Child group:

- Noticing and managing big feelings in self and others
- Calming strategies
- Creating a calming tool box

## Parent/carer group:

- Increase understanding of children's behaviour
- Managing strong emotions in themselves (self-regulation) and child (co-regulation)
- Learning emotion coaching skills
- Brain development
- Self-care

