

## Further Information



For further information  
please contact  
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*Got It!* Program Information



Health  
Southern NSW  
Local Health District



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Southern NSW  
Local Health District

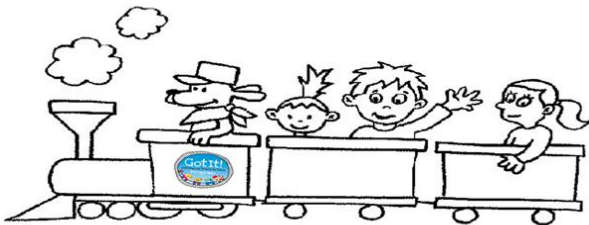
# What is *Got It!*?



*Got It!* (Getting on Track in Time) is a school-based early intervention program for children in Kindergarten to Year 3 provided by allied health staff from Southern NSW Health in partnership with schools.

*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 program that can enhance parents/carers knowledge and skills in dealing with emotions, child development, behaviour and parenting.



# What do we do?



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

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

**Where?:** The sessions 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.



# Session content



### Topics covered in *the Got It!* Program,:

#### Together group:

- Enhance parent-child interactions through therapy activities
- Noticing and managing big feelings in self and others
- Creating calming tools and learning strategies
- Creating a calm kit

#### Parent/carer group:

- Increase understanding of children's behaviour
- Managing strong emotions in themselves (self-regulation) and child (co-regulation)
- Learning emotion coaching skills
- Child and brain development Family of origin – impact of their experiences of being parented on how they may parent
- Self-care

