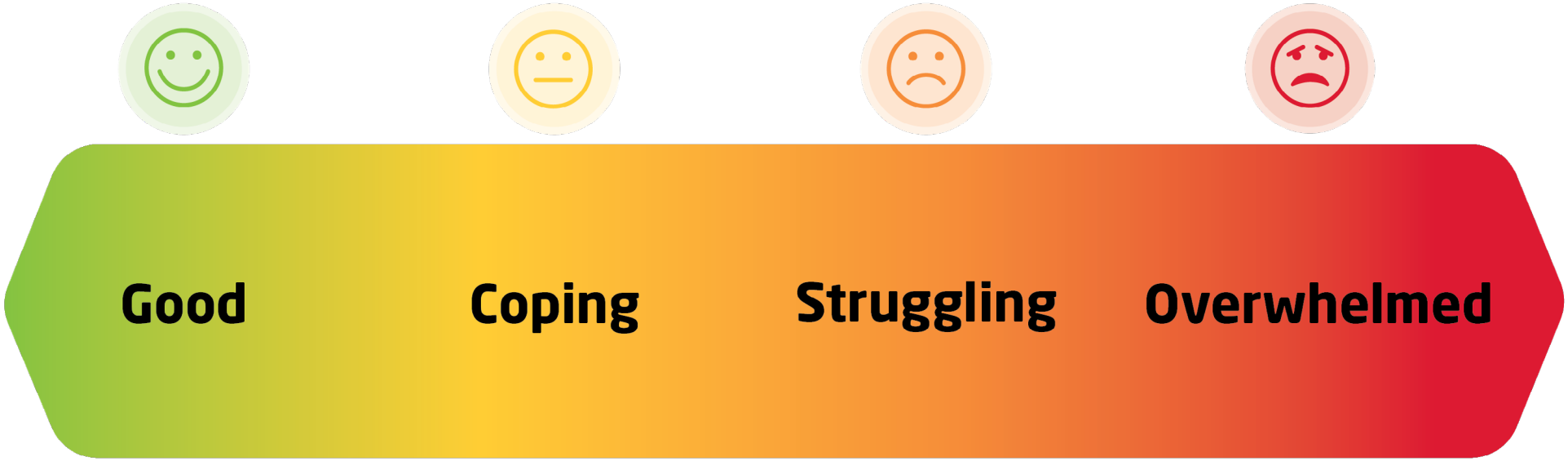
The Children's Wellbeing Continuum



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The Children's Wellbeing Continuum (the Continuum) can provide a snapshot of a child's social-emotional wellbeing at a point in time.

By helping to identify those children who are struggling and need support, the Continuum assists with prevention and early intervention efforts. It may also help to prevent the development of more serious problems that need treatment.

The Continuum is designed to reduce the stigma that often accompanies mental health issues, especially for parents, and facilitate them seeking help early when they see their child is not coping. It is not designed for use as a screening or diagnostic tool.

Using the Continuum

To use the Continuum, reflect on a child's wellbeing over the past four weeks using the table below.

	Good	Coping	Struggling	Overwhelmed
Emotions				
Behaviour				
Social relationships				
Thoughts				
Sleep				
Energy				
Routines, rhythms and rituals				
Learning				

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The Centre for Community Child Health is a department of The Royal Children's Hospital and a research group of the Murdoch Children's Research Institute.

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