



FIRST
1000
DAYS
AUSTRALIA™

Learning outcomes

This training will inform participants on specific knowledge and skills relating to cultural, ecological and anthropic principles that support Aboriginal and Torres Strait Islander early life-interventions, in particular:

- Impact of out-of-home care
- Maternal nutrition
- The neuroscience of infants
- Understanding the lifelong impacts of early childhood experiences
- Importance of kinship and other relationships, conception and extended concept of family
- Epigenetics
- Infant learning capacities (much earlier than predicted)
- Building capabilities for parents in vulnerable families (adolescence)
- Developing executive functioning and self-regulation skills in children
- Building cultural security in engaging Aboriginal and Torres Strait Islander families
- Interventions during pregnancy and up to two years for parents experiencing complex trauma.
- Improving parenting capacity for socio-emotional wellbeing to reduce the stressors and provide information about social and cultural determinants that will help protect them
- Addressing racism, cross-cultural learnings that focus on building rapport, understanding content and background, suspending judgment and working in partnership
- Inclusion of men and what does fathering look like from an Aboriginal and Torres Strait Islander perspective, including how to increase their role in family care

This activity was originally developed by the Indigenous Health Equity Unit at the University of Melbourne's Centre for Health Equity (2014–2018), First 1000 Days Australia used an ecological framework of social, cultural, place-based and family-based interventions to provide comprehensive regional strategies aimed at strengthening families from pre-conception until a child's second birthday. The research undertaken generated evidence showing the benefits of taking a collective approach to strengths-based strategies for working with families and carers of Aboriginal and Torres Strait Islander children.