

Culturally and linguistically diverse communities learning resources

Understanding the evidence and practicing cultural curiosity when working with children from CALD backgrounds



Mental health is a vital component of a child's development and lifelong wellbeing. These resources have been developed to build your knowledge of child mental health and the opportunities you have to improve child outcomes.

Practice papers



How the experiences and circumstances of culturally and linguistically diverse (CALD) children and families influence child mental health – Developed by the Australian Institute of Family Studies (AIFS), this practice paper explores how the experiences of children and families from culturally and linguistically diverse (CALD) backgrounds can affect child mental health. It looks specifically at the experiences of parents and children who migrated to Australia for non-humanitarian reasons, such as work, education or family.



Culturally informed ways to support mental health in refugee and asylum seeker children – Developed by AIFS, this resource provides information about culturally informed ways to support the mental health of refugee and asylum seeker children. It aims to support practitioners from a range of mental health, social work and community-sector backgrounds who work with children and families from refugee and asylum seeker backgrounds.



Practicing cultural curiosity when engaging with children and families – This paper provides an overview of some important considerations in relation to 'culturally competent', 'culturally curious' and child-focused practices when engaging with children and families from refugee and migrant communities.



Does labelling racism as bullying perpetuate a colour-blind approach when working with culturally diverse families? – This paper examines the significant impacts faced by children and families when subjected to racism, particularly when it is acknowledged and addressed within the context of bullying. Practical considerations and strategies offer opportunities for practitioners to further develop their culturally responsive practice approaches.



[Culturally responsive understandings for promoting children's health and wellbeing across diverse communities \(part one\)](#) –

This paper outlines how familiarity with, and an understanding of, the four key domains that influence the mental health of children in culturally diverse communities provides a foundation for culturally responsive practice. It also encourages unconscious bias awareness, and the value of engaging cultural brokers and interpreters to avoid misunderstandings that can undermine families' trust in services.



[Culturally responsive understandings for promoting children's health and wellbeing across diverse communities \(part two\)](#) – This

paper discusses the importance of moving practice beyond understandings of culture to acknowledge the unique experiences of each family. It explains how practitioners can learn much about the needs of children and families through cultural curiosity, and tailor service approaches to meet their needs. Grounded in families' strengths, knowledge and skills, this paper offers some practice strategies that focus on children's identity, health and social and emotional wellbeing.

Guide



[Creating culturally responsive practice and services to support the mental health of children from culturally and linguistically diverse \(CALD\) backgrounds](#) – This guide

explores the barriers and modes of access to mental health support for children (aged 0–12 years) from culturally and linguistically diverse (CALD) backgrounds and provides a first step in understanding and applying culturally responsive practice. It is based on Australian research evidence and frameworks on culturally responsive practice, along with insights from a mental health practitioner specialised in working with children from CALD communities.

Short articles



[Racism, children's mental health, and anti-racist practice](#) – Developed by AIFS, this short article provides a starting point for practitioners to understand racism's harmful effects on children's mental health and wellbeing, while introducing ways to support children through anti-racist practice.



[What impacts refugee and asylum seeker children's mental health?](#) – Developed by AIFS, this short article outlines the factors that impact refugee and asylum seeker children's mental health and wellbeing. Awareness of these factors can assist health, social and community sector practitioners to use early interventions, preventative strategies and/or effective treatment to support children's healthy development and wellbeing.

Webinars



[Supporting culturally and linguistically diverse children and families who experience racism](#) – Co-produced by Child Community Family Australia (CFCA) and Emerging Minds, this webinar is recommended for practitioners who may engage and work with CALD children, families and communities.



[Cultural considerations to support children from migrant and refugee backgrounds](#) – This webinar, co-produced by CFCA and Emerging Minds, explores how to have respectful, collaborative and curious conversations with children and families from migrant and refugee backgrounds.



Approaches to support child mental health in culturally and linguistically diverse communities – Co-produced by CFCA and Emerging Minds, this webinar focuses on working with children and families from non-humanitarian migrant communities.



Navigating cultural differences: Culturally responsive practice supporting families – Co-produced by the Mental Health Professionals' Network (MHPN) and Emerging Minds, this webinar explores practice considerations for supporting the mental health of children and families adapting in Australia.



Navigating cultural differences and ethical dilemmas when working with culturally diverse families – Co-produced by CFCA and Emerging Minds, this webinar explores how to best support the mental health and wellbeing of children and families from diverse cultural backgrounds.

Podcasts



Dismantling interpersonal racism to support culturally diverse families

In this episode, three practitioners share their approaches to addressing racism in their practice. They discuss areas such as white privilege and fragility, decolonising and anti-racist practices, and the importance of cultural humility when working with culturally diverse families.



Reflections on culturally competent practice

This two-part podcast series explores culturally competent practice when working with children and families from migrant and refugee backgrounds, including practices of engagement as well as what is important to consider at the organisational level.

- **Reflections on culturally competent practice with Mthobeli Ngcanga**
- **Reflections on culturally competent practice with Nellie Anderson**



Responding to racism and correcting cultural mistakes

In this episode, two parents share their personal experiences with racism and its effects on their lives, including the ways they have managed. Additionally, we hear from two practitioners who share their key considerations when responding to families' experiences of racism.



Navigating family cultural tensions

In this episode, two parents share their personal experiences of managing and navigating intergenerational differences of ideas and cultural practices. Additionally, two practitioners discuss their key considerations when facilitating conversations with families to strengthen and connect family relationships and diffuse tension.

Online courses

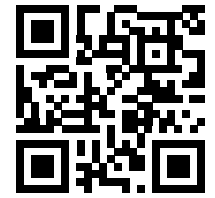


Understanding children's mental health in culturally diverse communities - This course considers practice considerations that support culturally responsive and inclusive practice with families. It introduces four key areas to consider when working with families from a different culture than your own.



Culturally responsive practice strategies for children's mental health - This course explores five key skills and fundamental practice approaches for working with families with diverse cultural backgrounds.

Explore more
resources from
Emerging Minds



Fact sheets (for families)



Families responding to racism - This fact sheet is part of a series created with families who've experienced racism and tough times to give other families new ideas for how to get through as a family – and spark some hope.



Struggling with money and racism at the same time - Racism can have a big impact on families, especially when they're facing other challenges as well. This fact sheet includes insights from families including skills that they used to get through experiences of racism alongside financial hardship.