Got It!
Getting on Track In Time Program
What is the Got It! program?

The Got It! program is a social and emotional wellbeing program for children in kindergarten to Year 2 and their parents.

It works with schools to increase the resilience, emotion wellbeing and social skills of students and families. It helps children to manage their emotions and behaviours better when at school and at home.

The Got It! program helps communities to identify challenging behaviours in children and respond appropriately to them. Children learn helpful and unhelpful strategies to manage their big feelings. Parents learn strategies to support their child so they can flourish and develop.

The Got It! Team work within the community to address problems early and help children and families get on track in time.

“This program has made such a difference in our lives. Our home is more settled and no-one yells at each other.”

– Parent feedback

“It has allowed me to develop better relationships with children and families in my class.”

– Teacher feedback
Notice your feelings

Connect

Be kind to yourself

Spend quality time together

Set limits with empathy

Remember your kids look up to you

Tips for parents and carers to help families stay connected

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Got It! is a school based early intervention program provided by specialist Child and Adolescent Mental Health teams in partnership with schools.

Remember your kids look up to you: You are the most important person in your child’s life. What you do is much more important than what you say. Model emotional self-management and remind yourself that being a child is hard. They don’t yet have the internal resources to manage their emotions – but you do, right?

Notice your feelings: Use your pause button and respond only when you are calm. Being aware of how you are feeling will help you to respond to your child in more helpful ways. Remember, your goal is to calm the storm for your child, not escalate it.

Be kind to yourself: Take a deep breath, do things you enjoy, and spend time with people who support you. Most importantly, give yourself permission to make mistakes.

Spend quality time together: Play and have fun together. Spend time with your child, family and community doing activities you all enjoy. Try and take a few minutes regularly to talk to your child and listen to each other.

Connect: When a child doesn’t feel heard, they may misbehave. Reach out to your child to connect emotionally, and if you can, physically. Chances are they want to connect with you. Create safety with your touch, your warmth, your tone, and your attitude.

Set limits with empathy: Use clear family rules to teach your child right from wrong. All emotions are acceptable, but behaviour must often be limited. Try to use logical consequences and to stay connected and calm while setting limits.