********Getting on Track in Time – *Got It!***

**What is the *Got It!* Program?**

Getting on Track in Time – *Got It!* is an early intervention program provided by a specialist child & youth mental health team in partnership with NSW Education. The NSLHD *Got It!* Team will be implementing the program in all NSW Primary Schools across Northern Sydney.

Children will display difficulties with emotional regulation and challenging behaviours as a normal part of development because they do not yet have the social, emotion and problem solving skills to manage new challenges. The *Got It!* Program is designed to assist with emotional and social wellbeing and addressing disruptive behaviours, both at school and home.

The program aims to intervene early and assist children to enhance their emotional and social skills and assist in improving and preventing the development of disruptive behaviours. When disruptive behaviours occur regularly they can negatively influence children’s academic, emotional and social development. Working with parents/carers, and teachers to develop a consistent approach at home and school will help to create positive and sustainable change.

**The *Got It!* Program has 2 main components:**

1. **Whole-school education sessions** are offered to all parents and teachers within the school community. These sessions present information about evidence-based strategies to support children’s emotional and social development.
* Parent sessions are open to ALL parents from K-6, introducing a range of strategies to help address common behaviours we see in primary school-aged children.
* Teacher sessions are offered to all teachers, including before & after-school care staff. In partnership with the school, the *Got It!* Action Team will implement the *Got It!* principles across the school community.
1. **A** **targeted small-group program** is also offered for identified children in K-2. This program is run once a week for an entire school term (over 9/10 weeks) and involves one parent attending each week with their child.

**Benefits of being involved in the *Got It!* Program:**

* For parents & teachers to develop new strategies to help identify, manage, and support children’s emotions and behaviours both at home and school.
* Children learn how to identify feelings in themselves and others, develop new problem-solving skills, and develop confidence and resilience.
* An opportunity for parents and children to further strengthen their relationships.
* Opportunities to build on the positive relationships between families, school, and health services.

If you are interested in finding out more please contact the *Got It!* Team:

**Emma, Kim, Liz, Donna, and Kate**

**Phone: 02 9887 5886 | Email:** **NSLHD-MACQ-GOTIT@health.nsw.gov.au**