



# Do you wonder about what you can do to support your child's wellbeing?

## Growing Minds Check-In

The Check-In is a new, free wellbeing Check-In for Australian parents and caregivers of children aged from birth to 17 years. The Check-in allows you to track your child's wellbeing and get access to personalised feedback and research-backed programs and information.

## Who can participate?

We are currently recruiting parents and caregivers of children and young people aged from birth to 17 years 6 months for this research study.

## What does this study involve?

- You will be asked to complete the Check-In and questionnaires where we will ask about your child's social, emotional and behavioural wellbeing and development across a few time points.
- You will also be offered a free consultation with a clinician (psychologist) to discuss your child's wellbeing.
- Parents will be randomly allocated to one of two groups, and either given access to the Check-In immediately or asked to wait before accessing the Check-In.



For more information about the study or to participate, contact us on (02) 9114 4326 or visit: <https://growingmindscheckin.au/>

