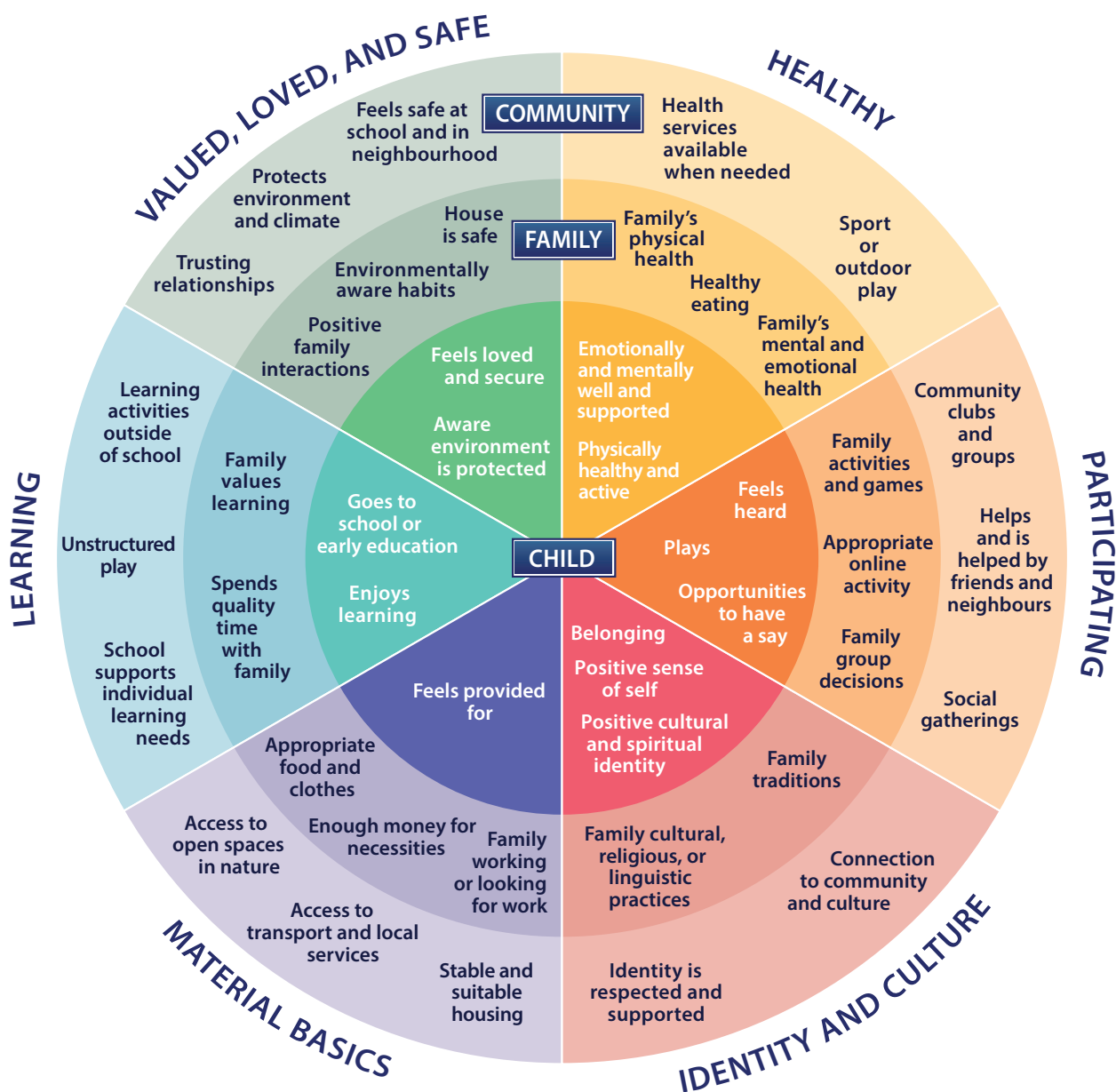




A practical way to improve the wellbeing
of children, young people, and families





About ARACY

ARACY is a systems intermediary organisation that improves the wellbeing of children and young people in Australia.

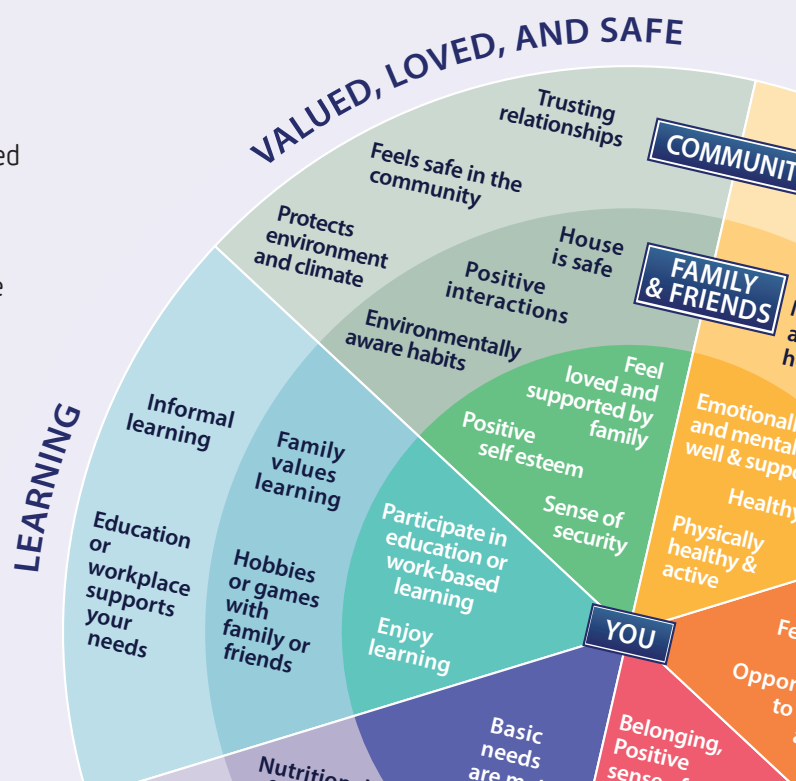
ARACY is unique in making the link between all areas of wellbeing for children and young people. We support the creation of better systems and supportive environments that accelerate outcomes for children and young people. We also forge alliances between all areas of government, policy making, research, and service delivery to address the issues that children and young people face.

The Nest An evidence base

ARACY's work is focused around The Nest, Australia's wellbeing framework for children and young people developed by ARACY in partnership with 150 organisations and the voices of over 4,000 children, young people, and experts.

The Nest shows that for a child to thrive their needs must be met in six key, interlocking dimensions.

1. Being **Valued, Loved, and Safe**
2. Having **Material Basics**
3. Being **Healthy** (physically, mentally, emotionally)
4. **Learning** (within and outside the classroom)
5. **Participating** (in decisions, groups, community)
6. Having a **Positive Sense of Identity and Culture**



About the Common Approach®

Getting to the heart of issues sooner

At ARACY, we recognise that children and young people thrive when families are supported and that sometimes, for reasons beyond their control, some families need extra and specialised help.

We also recognise that prevention and early engagement are better for children, young people, and families compared to costly, reactive programs that are triggered by crises and chronic problems.

The Common Approach®:

- is a method of speaking with young people and their families, online or in person, to understand their strengths and the challenges they face across the wellbeing domains of The Nest.
- helps us get to the heart of issues sooner, to more quickly see the full picture, so that we can work with the young person, their family and others to achieve better outcomes sooner.
- provides a shared framework for wellbeing. It empowers young people and increases professional collaboration within and across sectors.

The evidence shows that The Common Approach® helps to

- Make earlier identification of the strengths and needs of children and their families
- Discover the causes of behaviour quicker
- Work in a more preventative way
- More quickly identify a wider range of useful services and empowering next steps
- Improve relationships between families and services in ways that benefit children and families

Using the Common Approach® supports you to work consistently in a strength-based, child-centred, holistic, and collaborative way.

The Common Approach® is best practice for having conversations about wellbeing. It is designed to be used universally, provides a shared, plain language, and is non-stigmatising.

It is used by all professionals and communities, working directly or indirectly with children, young people, and/or their families.



The Common Approach® Resources



Wellbeing Wheel Worksheets

Wellbeing Wheel worksheets facilitate discussions about the different areas of wellbeing. The worksheets help to record a child's and family's strengths, needs, and agreed next steps.

Worksheets have been tailored for speaking with either parents/carers or young people, with wellbeing indicators provided for marking or using as discussion springboards. A simplified worksheet with limited text allows for even more flexible conversations.



Question Booklets

The Question Booklets are two sets of simply-worded and visually engaging questions—one for young people and one for parents and carers.

They are designed to facilitate thought and discussion and help families to identify their strengths and needs across the Common Approach's six areas of wellbeing.



Wellbeing Prompts

Wellbeing Prompts provide example questions and reminders to support strengths-based, child-centred, holistic and collaborative conversations with children, young people and their parents or carers.

Posters

Various sized posters show the Wellbeing Wheel, tailored to suit children or young people – ideal for display in places such as early education centres, waiting rooms, school hallways, clinics, and family and community centres.

What people are saying about the Common Approach®

"A realistic approach to working with families and a solid framework from which to gather information in a respectful manner. Resources are great!"

Teacher

"I absolutely loved the training. I found it hugely validating and encouraging that this Approach has been put together."

Allied Health Practitioner

"The facilitators were very knowledgeable, gave practical examples and were respectful to the audience. They dealt with challenging questions in a professional manner."

Family Support Worker

How do I start using the Common Approach® in my work?

Training is required to adopt the Common Approach® and to be able to use the full range of resources in your daily work. Blended training is available via digital modules and facilitated virtual workshops. To find out more please contact us at commonapproach@aracy.org.au or call on 02 6204 1610.

Contact us at ARACY

Phone: 02 6204 1610 • Email: commonapproach@aracy.org.au •

Website: www.aracy.org.au Twitter: @ARACYAustralia • Facebook: /aracy.australia