



Be You for VET

Trainer Guide
CHC30121
Certificate III in
Early Childhood
Education and Care



With delivery partners



Funded by



Welcome

As a trainer in the Vocational Education and Training (VET) sector, you want to make sure your learners become the best possible early childhood educators they can be. This means helping them develop an understanding of ways to support and facilitate the health and wellbeing of young children.

Looking after mental health is just as important as looking after physical health.

The Be You website offers a range of tools and resources that will enhance your understanding of mental health and wellbeing and better support your students' learning in this critical area.

This *Be You for VET* guide is designed to help you quickly and easily locate and share Be You resources relevant to the CHC30121 Certificate III in Early Childhood Education and Care.

What's in this guide?

- An **introduction to Be You**
- A guide to using a selection of Be You Professional Learning modules for your own professional development
- A set of **Top Picks sheets** related to units in the CHC30121 Certificate III in Early Childhood Education and Care. These sheets contain quick links to selected Be You resources and unit mapping information.
- Links to resources VET trainers and learners can use to support their own mental health and wellbeing.

What is Be You?

Be You is a national initiative that equips experienced and future educators to support the mental health and wellbeing of children and young people.

Be You's vision is that every learning community is positive, inclusive and resilient, and that every child, young person, staff member and family can achieve their best possible mental health.

Be You offers online, evidence based information, tools and guides to help educators foster the mental health and wellbeing of children and young people.

Be You is designed for:

- education support workers, teachers and early learning educators
- leaders in schools and early learning services
- students enrolled in education-oriented and early learning qualifications.

Sign up with Be You. It's quick, easy and free!

1. Go to beyou.edu.au/register
2. Register as a tertiary professional and select the early childhood stream. The stream you select will influence some of the examples and illustrations you'll see in some Be You resources (You can change the settings at any time through your personal dashboard).
3. Choose your Registered Training Organisation (RTO) from the drop-down menu. If your RTO is not on the list, please fill in their details.
4. Once registered, you'll receive an email asking you to verify your email address.
5. Verify your email address.

You are now a registered Be You user with full access to Be You resources. You'll also have a personalised dashboard that will allow you to track your Professional Learning (a useful record of PD hours).

Be You for VET webpage

A dedicated webpage has been established on the Be You website to house a selection of Be You resources that are directly relevant to ECEC qualifications.

Visit beyou.edu.au/get-started/vet

Using the Be You framework for PD



At the heart of Be You is a content framework that provides educators with a structure for professional learning. As shown on p.5, the framework is made up of 13 Professional Learning Modules organised into five domains.

You can chart your own learning journey and navigate from one module to another in whatever way suits you best.

You set the pace.

The flexible structure allows you to dip in and out so you can tailor your learning to your individual needs and situation. Your progress through any module is recorded on your personalised dashboard so you don't have to complete a module in one sitting.

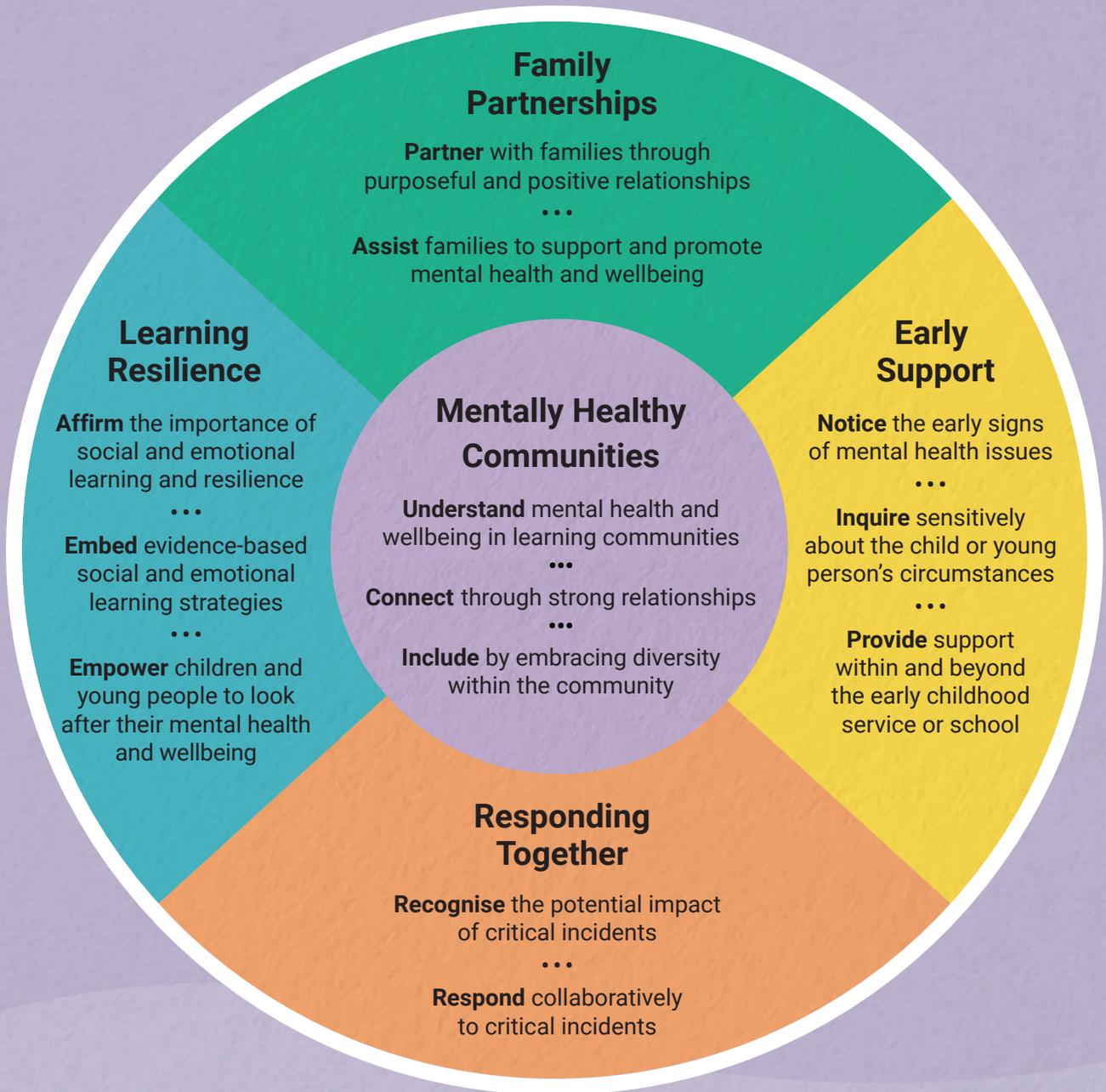
To complete a module you need to progress through every part of it. Read through the content and make sure to watch any videos and click through all sections (or you may not be able to progress to the next page).

Evidence of professional learning

When you successfully answer the questions at the end of a module, you gain a certificate of completion that you can use as evidence of professional learning. These are recorded on your dashboard and can be downloaded/printed as well.

For details of ASQA requirements see www.asqa.gov.au/sites/default/files/2020-01/FACT_SHEET_Meeting_trainer_and_assessor_requirements.pdf

The Be You framework



Click here for a link to the module summaries:
beyou.edu.au/learn

Be You for VET – Top Picks for ECEC trainers

What are Top Picks?

A group of specialist ECEC trainers and assessors has identified a selection of Be You resources that are relevant to units within the CHC3021. Their recommendations form the basis for three Top Picks pages.

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- Top Picks 1**
- **CHCECE035** Support the holistic development of children
 - **CHCECE038** Observe children to inform practice
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- Top Picks 2**
- **CHCECE030** Support inclusion and diversity
-

- Top Picks 3**
- **CHCECE033** Develop positive and respectful relationships with children
-

What's on a Top Picks page?

Each Top Picks sheet has three main parts:

READ

No matter how much experience you have as a trainer, there are always opportunities to broaden and deepen your understanding. The Top Picks pages identify the Be You Professional Learning modules that align most closely with the Top Picks ECEC units.

These are particularly well suited to trainer professional learning but may also be appropriate for VET learners undertaking the Certificate III ECEC.

To help you choose where to start, click here for the link to the module summaries: beyou.edu.au/learn

These modules have been mapped to each Top Picks unit. Go to beyou.edu.au/get-started/vet

WATCH

This section takes you straight to recorded webinars or videos relevant to the unit(s) and delivered by experts in the field. To see more webinars, go to Be You's extensive [SESSIONS and EVENTS archive](#).

SHARE

This section identifies Fact Sheets and tools that are well suited to learners undertaking CHC30121.

Trainers please note: Learners completing a Certificate III in Early Childhood Education and Care will be working according to established policies and procedures under the guidance of others in children's education and care services. Not all Be You material will apply to this level. As a trainer, it is suggested that you consider whether the content is applicable to your learner cohort.

Top Picks for trainers

CHC3021 Certificate III in Early Childhood Education and Care

For the mapping to this unit, download the document from beyou.edu.au/get-started/vet

CHCECE035 Support the holistic development of children and young people

CHCECE035 describes the performance outcomes, skills and knowledge to recognise and support the interrelationship between the physical, social, emotional, cognitive and communication development of children.

CHCECE038 Observe children to inform practice

CHCECE038 describes the performance outcomes, skills and knowledge required to identify and gather information about children from observation and other sources as part of a collaborative process and as a basis for curriculum planning.

Read these Be You Professional Learning modules

Understand

Outlines key concepts related to mental health and wellbeing at different developmental stages, including from birth to age 5.

Notice

Provides advice on how to identify early signs of mental health issues in children.

Affirm

Focuses on social and emotional learning and why it's important for mental health and wellbeing. It also looks at concepts related to resilience, including respectful relationships.

Watch these webinars

- Behaviour and wellbeing
- Infant and toddler wellbeing: laying foundations for lifelong mental health

Share these resources with your VET learners

Fact Sheets/Development

- Brain development
- Child development
- Transitions to early learning centres

Fact Sheets/Wellbeing

- Nutrition and mental health
- Physical activity and mental health

Tools and Guides

- The Mental Health Continuum
- Behaviour, Emotions, Thoughts, Learning and Social relationships observation (BETLS) tool



Top Picks for trainers

CHC3021 Certificate III in Early Childhood Education and Care

For the mapping to this unit, download the document from beyou.edu.au/get-started/vet

CHCECE030 Support inclusion and diversity

CHCECE030 describes the performance outcomes, skills and knowledge required to reflect on and understand the impact of own values and biases, demonstrate respect for inclusion and diversity and support children's understanding of inclusive principles and behaviours.

Read these Be You Professional Learning modules

Include

Focuses on embracing the diversity of children and their families within early learning services.

Provide

Supporting children and young people within and beyond early learning services or schools.

Watch this webinar

- Diversity matters for mental health



Share these resources with your VET learners

Fact Sheets/Relationships

- Cultural diversity and mental health
- Supporting cultural diversity

Fact Sheets/Wellbeing

- Nutrition and mental health
- Physical activity and mental health

Top Picks for trainers

CHC3021 Certificate III in Early Childhood Education and Care

For the mapping to this unit, download the document from beyou.edu.au/get-started/vet

CHCECE033 Develop positive and respectful relationships with children

CHCECE033 describes the performance outcomes, skills and knowledge required to communicate and interact respectfully with children and to guide their behaviours in ways that support their agency, positive sense of self and self-regulation.

Read these Be You Professional Learning modules

Notice

Focuses on identifying early signs of emerging mental health challenges in children.

Connect

Focuses on building strong relationships with children and young people, their families, the community and peers.

Affirm

Focuses on social and emotional learning and why it's important for mental health and wellbeing. It also looks at concepts related to resilience, including respectful relationships.

Watch this video

- [Kids Capers North Lakes and Be You](#)



Share these resources with your VET learners

Fact Sheets/Development

- [Brain development](#)
- [Child development](#)

Fact Sheets/Relationships

- [Communication skills for educators](#)
- [Bullying](#)

Fact Sheets/Mental health issues and conditions

- [Separation anxiety](#)
- [How trauma affects children and young people](#)

Facilitating trainer and VET learner wellbeing

Your wellbeing is important. Looking after your wellbeing puts you in a better position to support your VET learners.

Be You offers a range of resources to help educators in schools and early learning services support their own and others' wellbeing. The content is also relevant to reducing and managing stress levels and maintaining positive social relationships in RTOs.

Fact Sheets

- [Staff wellbeing](#)
- [Stress management](#)
- [Mindfulness](#)
- [How to practise mindfulness](#)

Webinar

Promoting Educator Wellbeing. This webinar explores ways individuals can promote and protect their own mental health and wellbeing, and provide appropriate support for others.

The webinar introduces the **Mental Health Continuum** and explores mental wellbeing as an asset for life.

Planning for wellbeing: mine, yours, ours.

This online flipbook is designed to help educators identify and manage their stressors and develop strategies to facilitate their own wellbeing. It also provides information on how to engage in conversations with colleagues and support wellbeing within a learning community.

While some of the examples refer to workplace situations that VET learners may not yet have encountered, the reflective process is still likely to be useful and relevant for those not already working as educators. Having registered for Be You, they will be able to keep using this tool as they embark on their careers.

Learner wellbeing resources

Be You **Wellbeing Plan:** This tool for education and early childhood students provides practical strategies and resources to help students manage their mental health and wellbeing.

Time to get started

As a VET trainer you are in a great position to help your learners recognise the importance of fostering mental health and wellbeing of the children in their care. *Be You for VET* provides you with the resources to help you do this.

✓ **Ready to get started yourself?** Sign up online now.

