

CYPMatters

Every child and young person counts!

Respect & listening

'First ever' forum gives young people power to call for change

CREATE Foundation's Hour of Power forum, led by young South Australian adults, provided an opportunity to tell the audience of their life experiences while in care and to offer ideas to key decision makers, including the Minister for Child Protection, about how to improve the care system. [More >](#)

Beyond multi-stakeholder tokenism: promoting children's rights in a digital age

About one in three internet users today are children. These are the lucky ones: the children whose parents or guardians can afford devices and data that allow them to continue their schooling at a time when COVID-19 has closed schools and turned homes into classrooms. [More >](#)

We asked children around the world what they knew about COVID. This is what they said

During the pandemic, children have been separated from family and friends, schools have been closed and there have been limitations on important activities, such as play. We know a good deal about the physical effects COVID-19 has on children, but the impact on their mental and emotional well-being is less well understood. [More >](#)

State Disability Inclusion Plan

In South Australia disability access and inclusion has been embedded across the state with 94 local councils and state agencies publishing Disability Access and Inclusion Plans as the part of the State Disability Inclusion Plan. [More >](#)

Health & wellbeing

UNICEF at 75: What are the key opportunities for the world's children post-pandemic?

Renewing global confidence in vaccines, addressing challenges to youth mental health and wellbeing, fighting discrimination, tackling climate change, and bridging the digital divide are the biggest opportunities for children that the COVID-19 pandemic has presented the international community. [More >](#)

Reimagining the potential of parents, children and Australia

In raising children, parents have their future in their hands. By the age of 5, 90% of a child's brain is fully developed so the early years of a child's life are richly formative. Children fare best when they are well nourished, responsively cared for with learning opportunities from birth onwards, and protected from disease, violence and stress. [More >](#)

Maternal nurse home visits improve mothers' mental health

New research has shown disadvantaged mothers' mental health and wellbeing improved after regular maternal and child health nurse home visits during pregnancy, continuing up until the child turned two. [More >](#)

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Forest-based children’s play yards can quickly boost their immune systems

A high level of hygiene, urban lifestyle and insufficient contact with nature reduce diversity in the body’s microbes. Replacing gravel in outdoor play areas with ‘a mini forest’ can significantly boost youngsters’ immune systems. [More >](#)

Building back better

The reality of childhood has changed beyond recognition in recent decades. In addition to the effects of Covid-19 children grow up in a world of 24-hour communication, a never-ending haze of likes, comments and trends. [More >](#)

Health and Wellness Impacts of Traditional Physical Activity Experiences on Indigenous Youth: A Systematic Review

Traditional physical activities have numerous physiological and psychosocial benefits for Indigenous youth around the world. However, little is known about the positive health and wellness impacts of traditional physical activity experiences on Indigenous youths. [More >](#)

Mental ill-health a leading cause of homelessness for young Australians: Report

A welcome home: Homelessness and mental health, found that in up to 35 percent of cases, mental ill-health had contributed to young people experiencing homelessness. A number of key initiatives is outlined, that if adopted, could minimise the number of young Australians experiencing homelessness and the impact it has on their lives. [More >](#)

Towards a National Child Wellbeing Strategy

When National Children’s Commissioner Anne Hollonds spoke to the Parliamentary Friends of Early Childhood at Parliament House she talked about Australia’s once-in-a-generation opportunity, as we emerge from the pandemic, to reset the national approach to early childhood wellbeing and the long-term benefits that may be gained. [More >](#)

Childhood overweight and obesity—the impact of the home environment

Many factors influence childhood overweight and obesity including individual and family factors in the home environment as well as in the community and society. This report looks at how nutrition, movement, psychological health, environmental and socioeconomic factors influence childhood overweight and obesity within the home. [More >](#)

Children’s self-regulation: Why is it important and how can we support it?

Self-regulation is the ability to control our thoughts, feelings and behaviours in ways that help us to function. Building these skills in early in life lays the foundation for children’s positive social and emotional development. [More >](#)

Life Transitions and Youth Pathways to Health Services

To establish health for life, young people need to be equipped with the tools they need to get help when they need it and supported to speak up about how they can live their healthiest possible lives. The 2020 Youth Health Forum provided a unique opportunity to make young people’s ideas and experiences part of national discussions about services for young Australians. [More >](#)

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Australia's first Indigenous surgeon says identifying hearing loss would change lives

Identifying hearing loss and treating middle-ear infections in Indigenous children in their first four years would change lives forever. Early intervention, such as checking children's ears at every opportunity, would contribute to closing the gap in education, employment and health between Indigenous and non-Indigenous Australians. [More >](#)

Safe & nurtured

Australia's first social impact bond launches in SA after interstate success

The launch of the Newpin program in South Australia aims to reunite parents with children in out-of-home care, with experts hoping it will deepen understanding of how social impact bonds work. The SA launch follows the 'resounding success' of the program in NSW, where nearly 400 children returned to the care of their family. [More >](#)

How COVID-19 Is Placing Vulnerable Children at Risk and Why We Need a Different Approach to Child Welfare

The COVID-19 pandemic has brought new worries about the welfare of children, particularly those of families living in poverty and impacted by other risk factors. These children will struggle more because of financial pressures and stress placed on parents, as well as their limited access to services and systems of support. [More >](#)

Experiences of food insecurity for Australian women and children affected by domestic and family violence

People with limited physical and economic access to the quantity and quality of food they need to live an active and healthy life are food insecure. In Australia, women are more vulnerable to food insecurity than men, and those affected by domestic and family violence are particularly vulnerable. [More >](#)

Youth detention population in Australia 2020

This report presents information on the youth detention population in Australia from June 2016 to June 2020. Among the 798 young people in detention on an average night in the June quarter 2020, most were male (91%), aged 10-17 years (80%), unsentenced (64%), and non-Indigenous (52%). [More >](#)

Hearing the voices of Aboriginal people in child welfare - case study report

Aboriginal families continue to be disproportionately affected by statutory systems that separate children and young people from their families. While these systems ostensibly operate in the best interests of children, outcomes achieved for children following statutory intervention are poor, with outcomes for Aboriginal children and young people particularly poor. [More >](#)

SNAICC calls on governments to commit to supporting First Nations children and families

In the 13 years that have followed the national apology, the number of Aboriginal and Torres Strait Islander children removed from family and kin is at a record high. Figures released in January 2021 reveal that 18,862 Aboriginal and Torres Strait Islander children were living in out-of-home care at 30 June 2020 (an increase of 53% over the last 10 years). [More >](#)

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New project to explore growing numbers of dual involved young people

The Office of the Guardian for Children and Young People is looking into the number of children and young people under guardianship orders who are also in the youth justice system. Despite rates of detention for children and young people in South Australia improving, this has not been the case for young people from a care background. [More >](#)

Most Australians already think age of criminal responsibility is 14: poll

A poll of 1092 people between January 27 and February 1, 2021 found only one in 10 Australians knew the correct age of criminal responsibility is 10 years, with 68 per cent believing it was 14 years or above. [More >](#)

Enjoying & achieving

The Power of Play

Play is a serious business. Through play, children can imagine different realities; move away from immediate worries they may have, engage with big life questions, and dream of their future. Looking at play through the lens of a pandemic, it has never been so important for children to have the space and time to play. [More >](#)

The Effectiveness and Cost-effectiveness Trial of Humanistic Counselling in Schools

Findings from a trial conducted in 18 secondary schools in London involving 167 young people using school-based humanistic counselling (along with access to pastoral care provision) and 162 young people who had access to pastoral care alone include: those who had participated in counselling reported significantly less psychological distress than those who had not although it had no significant effect on symptoms of anxiety and depression. [More >](#)

Participation

Meet the generation of surf life savers looking to overturn tragic trends on migrant drownings

When the members of Australia's first all-Afghan-born Surf Life Saving team arrived in their new country a few years ago, none of them could swim. After learning to swim the five young women decided to learn life-saving skills. [More >](#)

Prepared for adult life

Address poverty for young people with disability and create a youth jobs plan

Nearly half of young people with disability (15-24 years) are being forced to live on inadequate income support payments as their main source of income. The Australian government is being called on to urgently address the poverty and disadvantage young people with disability face. [More >](#)

Challenges, Benefits Found in Providing Home Visiting Services for Pregnant and Parenting Foster Youth

Both participants and home visiting service providers reported that participants benefitted from these services in a variety of ways including increased knowledge of child development, enhanced parenting skills and improved co-parenting relationships. However, factors such as unstable living arrangements and mental health crises made delivering home visiting services to participants particularly challenging. [More >](#)