



# First 1000 Days Australia Capability Statement

## Our Purpose

First 1000 Days Australia is a First Nations model aimed at strengthening all families so they can give their children the best start in life. We work with Elders, researchers, community members, front-line workers, policy makers and early childhood program developers to provide coordinated, comprehensive, culturally informed interventions, to support families in identifying and meeting their own aspirations and those they have for their children.

# WHO WE ARE

First 1000 Days Australia is a 100% Indigenous woman-owned business, led by Professor Kerry Arabena - a proud descendent of the Meriam people of the Torres Strait. A former social worker with a Doctorate in Environmental Science, Kerry has worked in not-for-profit, community controlled and academic institutions, holding senior positions such as the inaugural Co-Chair of the National Congress of Australia's First Peoples, Executive Director of Apunipima Cape York Health Council, Chair of Indigenous Health at the University of Melbourne, lead researcher of First 1000 Days Australia, CEO of the Lowitja Institute and Director of Indigenous Health Research at Monash University.

Around her, Kerry has assembled a team of professionals with experience in health and wellbeing, marketing, business, accounting, teaching, research, environmental science, graphic design, and IT services. Each team member brings their unique backgrounds and expertise to the First 1000 Days Australia movement.



# WHAT WE DO

The First 1000 Days movement began with Kerry's article in the Medical Journal of Australia, which outlined the need to focus on health and wellbeing outcomes for Aboriginal and Torres Strait Islander children and their families during the first 1000 days of the child's life - from conception to age two. After years of implementing First 1000 Days Australia across the country and the world, Kerry has developed education programs for practitioners and families to understand the importance of this period of time.

By focusing on the aspirations of Aboriginal and Torres Strait Islander Australians, First 1000 Days Australia respectfully disrupts policies and programs where Aboriginal and Torres Strait Islander people are considered the problem, not the solution. These ideas are explored in a series of education and training courses, presentations, strategic initiatives, and implementation pathways.



# Services Offered

We offer accredited education courses and resources to healthcare and early childhood workers to help implement the First 1000 Days Australia model across Australia.

1. **Face to Face Course:** A highly acclaimed two-day workshop for healthcare, allied service professionals and early childhood practitioners. The First 1000 Days Australia: Early life strategies for Aboriginal and Torres Strait Islander children and families workshop provides participants with the capacity to address intergenerational trauma and promote strategies for family resilience, mental health, cultural safety, and social and emotional wellbeing. Facilitated by Professor Kerry Arabena, the interactive workshop provides a safe space for practitioners to learn, share, reflect and grow.
2. **Online Course:** Recognising the need for a far-reaching alternative to the Face to Face workshops, we have developed an accredited online version. The First 1000 Days Australia Online Course covers the same content as the workshop, spread over five modules, and with accompanying learning resources and professional accreditations. The Online Course is completely self-paced, accessible from anywhere in the world, and is also made available for Face to Face Course participants who want to revisit their learnings from the in-person workshop.
3. **Regional Planning Days:** To follow up on the First 1000 Days Australia course, Kerry facilitates Regional Planning Days. These days take the knowledge from the course and transform it into a regionally-specific action plan, created in collaboration with Kerry and local healthcare and early childhood practitioners.
4. **Resources:** First 1000 Days Australia offers resources including charters, journal articles, eBooks and posters to further the First 1000 Days movement outside of the course. Our website, socials and newsletter also offer a way to keep First 1000 Days Australia Alumni and clients connected and inspired.

# Our Client Focus

To provide our training and resources to maternal and early childhood practitioners, we work with small and large governmental and non-governmental organisations. In the past we have collaborated with local Councils, ACCHOs, the Victorian Department of Health, the Commonwealth Department of Health and the Commonwealth Department of Education for Connected Beginnings, to provide training and Regional Planning Days across Australia. At First 1000 Days Australia, we pride ourselves on delivering service excellence and personalised, authentic care, for each of our clients and course participants.

## REVIEWS

*“An amazing learning experience and opportunity to learn about child-centred strategies for the First 1000 Days, and the cultural determinants of health and wellbeing during the early years. Thank you Kerry for such a transformational learning experience!” - Connected Beginnings Lutruwita/Tasmania*

*“This will be an asset for our health service, the Aboriginal and Torres Strait Islander families and children that we care for, and our Reconciliation Action Plan (Innovate) progress.” - Tweddle Child and Family Health Service*

*“The course has given me such a diverse set of tools and skills that I can take back to my organisation, into group work, into our collaborative work, and in my 1:1 role in family support and parenting education” - Course Participant*

*“This course is the first time I have felt inspired to not only make change, but be the change, since I graduated my social work degree 4 years ago” - Course Participant*

# Memberships/ Associations

- Supply Nation Certified Indigenous Business
- Kinaway Chamber of Commerce Certified Indigenous Business
- Member of the Victorian Chamber of Commerce
- Member of the International Coach Federation
- Australian Community Workers Association
- Australian College of Midwives
- Royal Australian College of General Practitioners
- Australian College of Rural and Remote Medicine

## COURSE ACCREDITATIONS



RACGP CPD Approved Activity		
Educational Activities	Measuring Outcomes	Reviewing Performance
10 hours	.5 hours	2.5 hours



# Contact Information:

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## Social Media:

Facebook: [facebook.com/First1000DaysAustralia](https://facebook.com/First1000DaysAustralia)

Instagram: [instagram.com/first1000days.australia/](https://instagram.com/first1000days.australia/)

LinkedIn: [linkedin.com/company/first-1000-days-australia/](https://linkedin.com/company/first-1000-days-australia/)

## For any enquiries:

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## ACKNOWLEDGEMENT

First 1000 Days Australia acknowledges the Traditional Owners of the lands on which we work, and we pay our respects to Elders past, present and emerging.