



FIRST
1000
DAYS
AUSTRALIA™



First 1000 Days Australia Online Training Course

Course overview

The First 1000 Days Australia (F1000DA) online training course presents the overall objectives of F1000DA, an initiative that aims to provide a place-based, coordinated, comprehensive intervention addressing the needs of Aboriginal and Torres Strait Islander children from pre-conception to two years of age, thereby laying the foundation for their future health and wellbeing.

Through a mix of presentations and case studies, the course will explore how the First 1000 Days Australia model can be established and implemented across different Aboriginal and Torres Strait Islander communities Australia wide.

F1000DA online course is RACGP CPD Accredited, ACM CPD Endorsed and ACRRM PDP Accredited.

Here is what you can expect from the F1000DA course:

The F1000DA online training course is 15 hours of learning with the suggested timeline of 5 weeks. The course consists of 5 modules with over 34 lessons and 1 optional bonus masterclass. Each course module is made up of 6 classes and there are 40+ downloadable accompanying course resources and materials.

Upon course enrolment, all course participants will be given their own account login details and passcode for accessing the course and course materials via a secure online portal. Having access to the online learning portal, participants can take the opportunity to learn at their own pace. The course can be completed in as little as 5 weeks or over a period of 3 months.

At the end of the course, you will receive a certificate of completion and the opportunity to continue your learning by joining our private Facebook online community of practice where there will be group calls, sharing of success and celebrations, and access to more information, evidence, webinars, content and support.

Online course content:

1. Module One:	An introduction to key concepts used in F1000DA – why we acknowledge country, working with layered meaning, respectful engagement, the criticality of the first 1000 days, expanded concepts of family.
2. Module Two:	Child Centred Strategies F1000DA – reconciliation and the early years, placing children’s voices at the centres, infant led therapeutic interventions, working with men, regional strategic initiatives that work.
3. Module Three:	Cultural Determinants of health and wellbeing during the early years – Introduction to the cultural determinants, Indigenous implementation science, community voices – what people want, approaching and using Indigenous knowledge systems, Indigenous science and policy innovation
4. Module Four:	Epigenetics and Indigenous Health – The Anthropocene, the importance of biodiversity, brain growth and lifelong wellbeing, molecular decolonisation and epigenetics
5. Module Five:	Creating a First 1000 Days Australia Movement – developing regional plans, key positions and partnerships, entrepreneurial workforce, cultural healing strategies

The Bonus A-HA Workshop Facilitator Masterclass provides participants with all the support needed to develop and deliver a workshop focusing on community aspirations, hopes and ambitions. Participants develop a Vision Board or a Journey stick and have access to all the required materials to make this happen. This masterclass covers preparing for workshops, workshop structure, scripts to use, aspirational activities and comes with all the resources to support participants to identify the aspirations they have for themselves and their families.

For enrolment into the F1000DA course please visit our website at <https://www.first1000daysaustralia.com/online-courses>

If you have any questions about the course please contact us at info@first1000daysaustralia.com