



SIHR Infant Mental Health Project
The Scottish Government's National Programme for Improving Mental Health and Well-being has assisted in the funding of this work.

SIHR

SCOTTISH INSTITUTE OF HUMAN RELATIONS

172 Leith Walk, Edinburgh EH6 5EA - www.sihar.org.uk

INFANT MENTAL HEALTH PROJECT

Theme: **What promotes Infant Mental Health and Child Development; influences in early life and later outcomes**

A one day seminar to increase awareness, and consider interventions

Dates: #####, 10.00 am to 3.00 pm

Venue: can be held locally

Content: Introduction - Why Infant mental health matters: the effects of early parenting on child development and emotional wellbeing
Policy context
What does good infant mental health look like?
Emerging themes, theory into practice - How do early family risk factors affect children, what interventions work
Format - Opportunity to undertake small group work, presentations and discussion
Resources List

Who is this course for?

Child care health staff inc. Health Visitors, Midwives, Nursey Nurses, Social work Childcare Staff, Foster Carers, early years workers



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Rationale

The importance of early years, and the quality of the relationship between young children and their caregivers for infant mental health and child development, is widely documented. The aim of the day is to look at what promotes and what gets in the way of infant mental health and child development.

Course Facilitators

Julie Watson RGN, RM, RHV - Consultant Trainer, Infant Mental Health Development Manager

Alexandra Scott MPsychPsych, MA, CQSW - Child Psychotherapist

Cost: available upon request
See further info

Application: can be delivered in your local area

Please note that participants are required to

- read any pre course reading distributed in advance

Completed application forms should be returned no later than ##### to:
Local coordinator

Please note that candidates cannot be considered without first completing an application form. Course members will be limited to 14-18 participants.

Further enquiries:

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The logo for the Scottish Institute of Human Relations (SIHR) features the letters 'SIHR' in a large, bold, serif font. The 'S' and 'I' are connected, and the 'H' and 'R' are also connected. The 'R' has a long, elegant tail that curves downwards and to the right.

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