

SIHR

SCOTTISH INSTITUTE OF HUMAN RELATIONS

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

INFANT MENTAL HEALTH PROJECT

Theme: "Observing Infants"

Evidence Based Interventions and Practical Solutions

A 4 day introductory course to enhance the skills of professionals working to promote infant mental health and development

Dates: #####, 9.00 am to 4.00 pm

Venue: can be held locally

Content: Theory, Pre-course reading and discussion, and Infant Observation

Who is this course for?

This course will be of special relevance to those working directly with very young children ideally 0 - 1 year and their families. It is aimed at a variety of disciplines: Community Child Health Services including Health Visiting and Midwifery, Social Work, Child Mental Health, Paediatrics, Educational and Clinical Psychology and Early Years Sector Education.

SIHR – Infant Mental Health Project: “Observing Infants”

Evidence Based Interventions and Practical Solutions

1) 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. However, the ability to observe and assess this relationship has been identified as a key learning need by the Infant Mental Health Project. (National Programme for Improving Mental Health and Wellbeing 2007)

This module was designed in response to an identified need for increased observation and assessment skills.

2) Aim

- To contribute to the continued profession development of front line staff working with children and families.
- To increase skills in the assessment of parenting, with particular reference to the emotional quality of the parent-infant interaction.
- To increase observational skills and enable a more informed assessment of parent and young child relationships, linking observation with child development theory and research.

3) Practitioner will develop skills in –

- The use of detailed observation as a tool for understanding infants and young childrens’ behaviour.
- The application of therapeutic ideas, early intervention strategies and relevant research findings to your current work context.
- The integration of theoretical concepts, infant observation and child development research to enhance your therapeutic skills.
- More effective communication with colleagues.

Enquiries to: Julie Watson, Infant Mental Health Development Manager
t: 0131 454 3240, m: 07738818173, j.watson@sihr.org.uk

Course facilitator / designer: Julie Watson / Alexandra Scott

© 2008 The Scottish Institute of Human Relations