



MENTAL HEALTH & WELLBEING IN  
THE EARLY YEARS

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# WELCOME

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- Introductions
- One hope you have for the course over the next 6 weeks
- Any questions?

# GROUP CONTRACT

- Confidentiality
- Take responsibility for what you share
- Turn mobile phones to off or silent
- Respect contribution of others
- Attend all sessions
- Personal reflection

# COURSE AIMS

- Increase your understanding of mental health & wellbeing in the early years
- Recognise the critical role of nurturing, meaningful relationships and secure attachments
- Explore how creative, playful environments and interventions support a child's development and overall mental health
- Gain skills and confidence to support babies, young children and their families to be mentally healthy



# COURSE OUTLINE

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- WEEK ONE: LAYING THE FOUNDATIONS
- WEEK TWO: ATTACHMENT & CHILD DEVELOPMENT
- WEEK THREE: BUILDING RESILIENCE
- WEEK FOUR: MAKING SENSE OF FEELINGS & BEHAVIOUR
- WEEK FIVE: SEMH TOOLKIT
- WEEK SIX: WORKFORCE WELLBEING

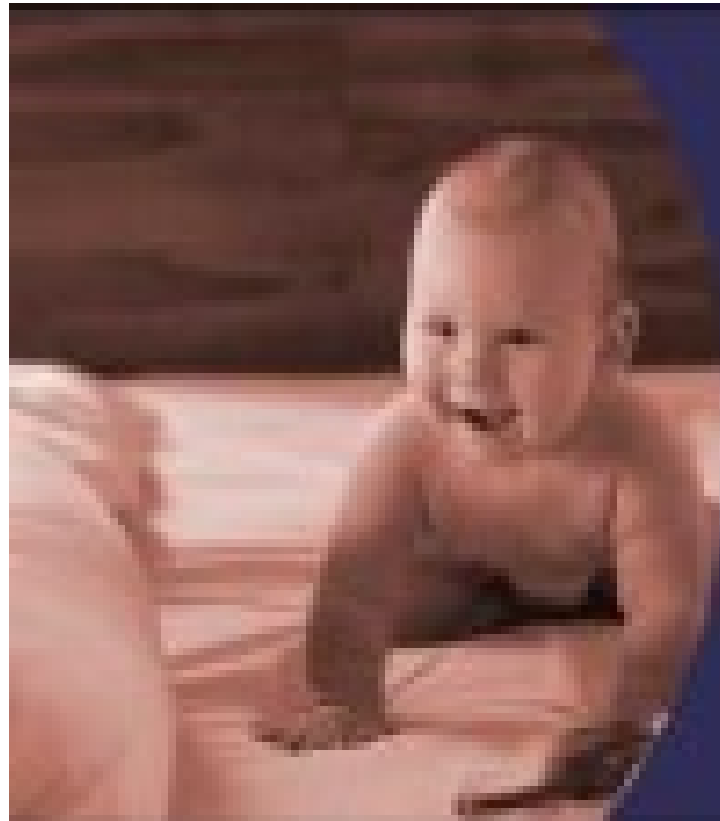
# DEFINING MENTAL HEALTH

*'a positive state that enables us to enjoy life and deal with challenges, not just as the presence or lack of diagnosable conditions.'*

*Unicef*



# WHAT IS INFANT MENTAL HEALTH?



Although children's futures are not determined by the age of two, persistent problems in early relationships and emotional development can have lifelong impacts on a range of outcomes.

# LEVELS OF CARE

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**Table 1: Definitions and examples of different levels of care in parent-infant relationship (PAIR) services.**

Level	Description	Examples of activity	Traditionally commissioned as part of
Universal	Services offered to all families, such as GPs, midwives and health visitors.	Bonding and skin-to-skin advice  General support and advice about developing a good parent-infant relationship	<ul style="list-style-type: none"> <li>Midwifery</li> <li>Health Visiting</li> <li>General Practice</li> </ul>
Targeted	Services that work with families who need some additional help, such as parenting support from a Family Hub, or an enhanced package of support from a health visitor.	Relationship focussed individual or group-based interventions in family support, midwifery, health visiting skill mix teams etc.	<ul style="list-style-type: none"> <li>Early Years</li> <li>Early Help/Children's Centres</li> <li>Family Support/Hubs</li> <li>Health Visiting</li> <li>Midwifery</li> <li>Speech, Language and Communication</li> <li>Educational Support including Educational Psychology</li> <li>Children's social care</li> <li>Community safety</li> </ul>
Specialist	Services whose work requires a specialist mental health intervention or skill set, usually from a multi-disciplinary team. In mental health services this might be described as 'Tier 2 or 3' rather than 'specialist'.	A specialised parent-infant relationship team including mental health expertise. This can include longer term work to address more complex parent-infant relationship issues.	<ul style="list-style-type: none"> <li>CAMHS</li> <li>Perinatal Mental Health</li> <li>Paediatric Psychology</li> <li>Children's Social Care</li> </ul>

Source: Parent-Infant Relationships (PAIR) Services Commissioning Toolkit, 2023



# REFLECTIVE PRACTICE

## re•flec•tive

/ri+flek+tiv/ adjective

## prac•tice

/prak+tuhs/ noun

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The process by which professionals become aware of their implicit knowledge base and learn from their experience.

CIRCLE TIME

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