



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.

INFANT MENTAL HEALTH PROJECT

Theme: **What promotes Infant Mental Health and Child Development; parenting and supporting families with relationship difficulties**

A one day seminar to increase awareness, and consider interventions

This course will assist you in working towards the vision set out in The Scottish Government / COSLA Early Years Framework: a renewed focus on 0-3 years as the period of a child's development that shapes future outcomes.

Date: Monday, 23 February 2009, 9.30 am to 3.45 pm

Venue: SIHR, 172 Leith Walk, Edinburgh EH6 5EA

Cost: £150

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

Format - Opportunity to undertake small group work, presentations and discussion

Resources List



SIHR
Scottish Institute of Human Relations
- understanding people -

Who is this course for?

For practitioners across the NHS, social care and education including health visitors, midwives, social workers, early years workers, community services and front line staff.

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 Facilitator

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

Cost

The course fee is £150. Cheques should be made payable to Scottish Institute of Human Relations. Places are confirmed upon receipt of a completed application form and payment. Cancellations: These must be made in writing prior to **12 February 2009** and will incur an administration charge of £30. We regret that no refunds can be made after that date but we are happy to accept one substitute delegate before or on the day.

Application

Completed application forms, with payment, should be returned no later than **12 February 2009** to:

'What Promotes', SIHR, 172 Leith Walk, Edinburgh EH6 5EA
(t: 0131 454 3240, f: 0131 454 3241, e:edinburgh@sihr.org.uk)

Course members will be limited to 16 participants.

Further enquiries:

Julie Watson, SIHR, IMH Project Manager, t: 0131 454 3240,
m: 07738818173, e: j.watson@sihr.org.uk w: www.sihr.org.uk

APPLICATION FORM

**What promotes Infant Mental Health and Child Development;
parenting and supporting families with relationship difficulties
23 February 2009, 10.00 am – 3.45pm**

NAME	
JOB TITLE	
ADDRESS	
Tel. No.	Daytime Work
Email	

Current Work Experience and Qualifications

Reasons for Applying for this Course

Signature:

Date:

Please indicate:

- I require wheelchair access/have mobility difficulties (please specify)
- I have special dietary requirements (please specify)
- I have other special needs (please specify)

This form and payment of the £150 seminar fee (cheques should be made payable to 'Scottish Institute of Human Relations') **should be returned no later than 12 February 2009 to:**

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The Scottish Institute of Human Relations
- *understanding people* -



Founded as an education trust in 1971, The Scottish Institute of Human Relations (SIHR) is a national resource which provides educational programmes and services. A national charity, it has premises in Edinburgh and Glasgow, with a wide network of practitioners and members.

Why choose SIHR?

Understanding human relationships is central to emotional health and well-being, but sustaining and applying that understanding in the work of promoting mental health or social well-being is very demanding. SIHR, in its role as an educational charity, develops and delivers courses and services for people who respond to such demands in their professional lives.

Our courses and services translate psychoanalytic, psychodynamic and systemic ideas into practical tools for professionals in the health service, voluntary and faith organisations, and education and social services.

The Scottish Institute of Human Relations

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