

Attunement

This year's Infant Mental Health Awareness Week theme is **Attunement**; the ability to “**tune in**” and connect with others on an emotional level. It is important for everyone, but particularly for babies and their parents or carers. **Attunement** helps babies to feel safe and loved. It helps babies learn to regulate their emotions, supporting good infant mental health.

Resources and Useful Websites

Click on images to download information

Wellbeing for Wee Ones.

Information and tips to help your wee ones grow and develop into happy people.



Kids Independently Developing Skills.

For parents and professionals looking to help children reach their potential.



Perinatal and Infant Mental Health Good Practice Guide. For anyone in contact with new and expectant parents. Information and resources under each of the protected characteristics.



Parent Infant Foundation.

Information and support available for anyone working in Infant Mental Health.



The Brazelton Centre.

Supporting healthy parent-baby relationships through promoting an understanding of new-born babies' communication.



Voice of the Infant Best Practice Guidelines and Infant Pledge. How to take account of infants' views and rights in all encounters. Infant Pledge Poster can be ordered free from the Public Health Resource Directory [here](#)



Early Years Mental Health Improvement Framework. A planning tool to help support those working with babies and young children who are under 5 and their parents/carers to plan and deliver mental health improvement activities.



Learning

Click on images to download information

Infant Mental Health and Developing Positive Attachment.

Aims to raise awareness, knowledge and confidence for those who work with infants and families.



Infant Mental Health Basic Awareness.

Can be delivered by anyone to raise awareness of infant mental health and the factors that can impact it. Session number 20.



App

Click on image to download information

Happy Healthy Tots App. Helpful advice, local support, and tips for parents of children aged 0-5.



Wee Minds Matter - The Infant Mental Health Service Glasgow & Clyde

Offers support to infants and their families from pregnancy until the child is 3 years old, where there are concerns about an infant and/or the parent–infant relationship and when supports from other agencies have been implemented and/or cannot meet the needs. The service also provides consultation and support to universal services and the wider professional network involved with the family. Requests for support accepted from Midwives, Health Visitors, Family Nurses and joint referrals from Social Workers. **Contact Tier4Admin@ggc.scot.nhs.uk Duty Line** (available to all) open daily 9am-5pm **0141 201 0808.**



Helplines

Children 1st Support Line. Offers emotional, practical and financial help. Mon-Fri, 9am-9pm, weekends, 9am–12pm. **08000 28 22 33**

Domestic Abuse and Forced Marriage. Support anyone experiencing domestic abuse or forced marriage. 24 hrs per day. **0800 027 1234**

Crisis Support: For parents and families dealing with babies who cry excessively or have sleep problems. Mon-Sun 9am – 10pm **0800 448 0737**

NHS24 Mental Health Hub. For anyone experiencing mental health distress. Open 24/7, call **111**

One Parent Families Scotland. Support available to lone parents. Mon-Fri 9:30am-4:00pm **0808 801 0323**

PANDAS. Support for families affected by a perinatal mental illness. Whatsapp Mon–Fri 9am – 5pm **07903 508334**

Samaritans. Free and confidential support to anyone, any age. 24/7 365 days **116 123**