

Infant Mental Health Week

13 - 19 June 2002

Understanding Early Trauma



What is Infant Mental Health?

Infant Mental Health is a baby's developing capacity to communicate and regulate their emotions, to form close and intimate relationships, to be able to explore their environment, and learn, which all takes place in the context of the first early relationships with parents/primary caregivers. It is often an overlooked and misunderstood subject.



Infant Mental Health Awareness

Week provides an annual opportunity to discuss the importance of babies' mental health as well as some of the issues that affect it.

Wee Minds Matter - The Infant Mental Health Service

Wee Minds Matter is a specialist multi-disciplinary infant mental health (IMH) service for Greater Glasgow and Clyde, working with babies and their families during pregnancy and up to three years. The service aims to raise awareness of infant mental health for all professionals providing essential support to families. This includes midwives, health visitors, family nurses, GPs and other health, social care and early years professionals. The team provide a duty line, professional consultations, support with care planning and joint working. They are also aiming to develop training and offer space for professionals to share, reflect on and develop their practice in work with infants and families.

Jane Turner, Lead for Infant Mental Health says "All babies and their families are unique, with different needs. Where direct specialist support is required, our team use relationship-based approaches to work with babies and caregivers together. Babies are active participants in the work, and it is led by their needs, but also considers families' preferences and goals. As well as individual infant/parent work, we also offer group work. Where colleagues have concerns about a baby or baby/parent relationship up to age 3, we encourage you to contact us for an initial discussion. We particularly welcome this during pregnancy, when there is often significant opportunity for preparation and reflection in the period before baby's arrival."

Contact Details

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Useful Websites and Resources

Kids Independently Developing Skills (KIDS): is a single point of reference for parents, teachers, healthcare professionals and young people themselves looking to access an extensive range of information on self-help. It aims to help children and young people reach their potential.



Parent Infant Foundation: provides a wealth of information and support available for anyone working in Infant Mental Health.



Wellbeing for Wee Ones: offers lots of information and tips to help you give your wee one everything they need to grow and develop into happy people.



Click on images to download information

Learning Opportunities



[NHS Education Scotland](#) offer a systematic training pathway that aligns with a stepped-care delivery model, NES have developed a suite of training offers based on the skills levels in the Perinatal mental health curricular framework - **[A framework for maternal and infant mental health](#)**.

Events

The Wee Minds Matter Service would like to invite colleagues who work with under 5's who have an interest in learning about Trauma to a raising awareness event on the 15th of June at 6 – 7.30pm

[Register for the event here](#)

Please note this event is open to NHS Colleagues, Social Work Colleagues and anyone working in the third sector with an interest in Perinatal and Infant Mental Health.