

# An Infant Mental Health Approach

Promoting the Social & Emotional Wellbeing of Babies,  
Toddlers & Young Children in Early Learning & Care



## Overview

This workshop is suitable for early years educators working with infants, toddlers and pre-schoolers interested in learning more about supporting children's social and emotional wellbeing. This may also be of interest to Childminders.

The aim of this workshop is to introduce participants to the concepts of infant mental health and to consider the many ways to support and promote children's social and emotional wellbeing using a relational and attachment based approach.



## Method & Materials

### Duration:

2 hour webinar, 3 hours in-person workshop

### Format:

Webinar or Workshop

### Group size:

30 participants per training

The webinar will involve presentation, video and question & answers. Participants receive a Certificate of Attendance.



## Outcomes

Following the workshop, participants will be able to:

- Define Infant Mental Health (IMH)
- Identify why an IMH approach is important in the Early Learning and Care setting
- Demonstrate a basic understanding of attachment theory
- Relate attachment theory to practice
- Explore ways to promote IMH in an Early Learning and Care setting

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