

Mental health is a vital component of a child's development and lifelong wellbeing. These **online courses** have been developed to build your knowledge of child mental health and the opportunities you have to improve child outcomes.

Supporting infants and toddlers

2HRS

This course explores the impact of mental illness on the family through the antenatal period and explains attachment and principles of sensitive communication with parents regarding the needs of their children.

Promoting infant and toddler mental health with parents

2.5HRS

This course explores the ways you can support parents, by providing reassurance, guidance, information or resources, to promote positive mental health in their infant or toddler. This is referred to as 'anticipatory guidance'.

Keeping the infant and toddler in mind

2HRS

This course will provide you with an introduction to a relationship-based framework that promotes the mental health of children aged 0-5 years.

Practice strategies for infant and toddler assessment

3HRS

This course presents five practice strategies that promote the mental health of children aged 0-5 years, keeping infant and toddlers' developmental and relational needs at the centre of assessment interactions.

Supporting resources

The following resources support the knowledge gained throughout the courses we've recommended. Make sure to save your resources by adding them to your Favourites when you're logged in.



Insights on infant sleep with Dr Pamela Douglas Podcast

Listen to the latest insights from neuroscience, anthropology and maternal and infant research about infants' needs around sleep.



Understanding and supporting infant mental health Webinar

This webinar explores what infant mental health is and how practitioners can support infant mental health and wellbeing.



Supporting children and families to recognise and navigate paediatric anxiety Webinar

This webinar explores paediatric anxiety in the context of how practitioners can better support children experiencing anxiety.



Supporting your baby's mental health and wellbeing In focus

This resource explores what parents can do to support their baby's mental health and wellbeing, right from birth.



Infant and toddler mental health In focus

This article explores the developmental stages for children from birth to three years, risk factors in infant and toddler mental health and resources to support early intervention and anticipatory guidance.



What is infant mental health, why is it important, and how can it be supported? Practice paper

Learn how early identification and support of infant mental health can promote recovery and resilience in infants and children.