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**Check out the Emerging
Minds *In focus: Infant and
toddler mental health* with
tips and resources to
support early intervention
and anticipatory guidance**

**Emerging
Minds.**

National
Workforce
Centre for Child
Mental Health



Webinar 33

Practice skills to promote infant and parent mental health in the first twelve months of life

7:15 pm to 8:30 pm AEST
Tuesday, 15th August 2023

**Emerging
Minds.**

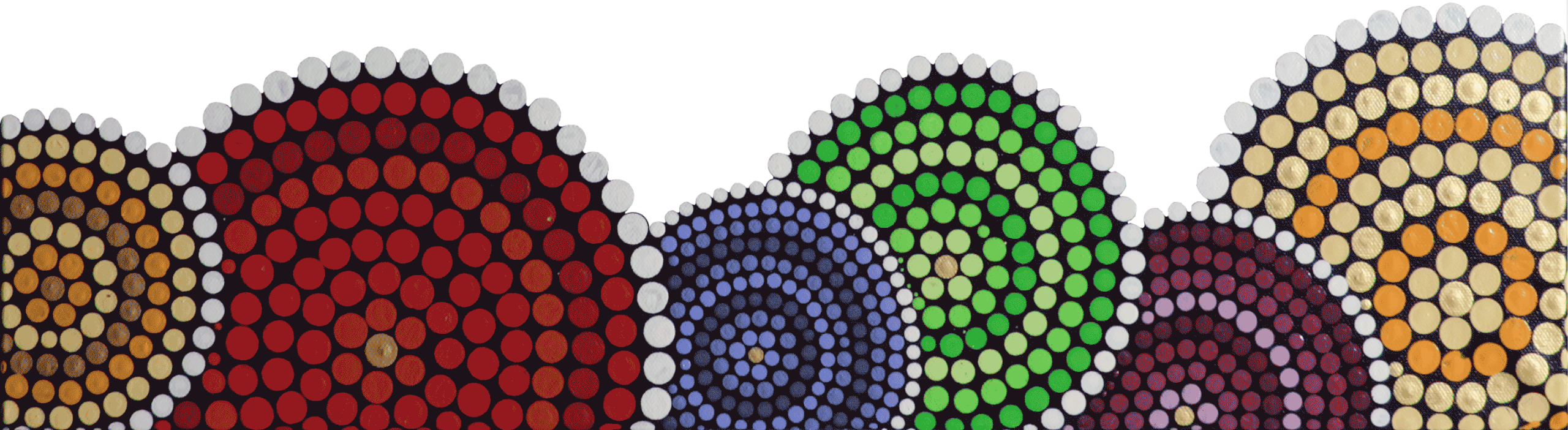
**National Workforce
Centre for Child
Mental Health**



Acknowledgement

National Workforce Centre
for Child Mental Health

We recognise and pay respect to Aboriginal and Torres Strait Islander peoples as the Traditional Owners of the Lands we work, play, and walk on throughout this Country. We acknowledge and respect their Traditional connections to their Land and Waters, culture, spirituality, family, and community for the wellbeing of all Aboriginal and Torres Strait Islander children and their families.



Welcome to Series Six

This is the first webinar in the sixth series on infant and child mental health, presented by Emerging Minds and the Mental Health Professionals' Network. Registrations open now for the second webinar in Series 6:

Supporting child mental health when working with separated parents

Broadcast on: 26th September, 2023, from 7.15 pm AEST

Other topics will include:

- Child mental health and ADHD (November, 23)
- Child mental health in First Nations communities (February, 24)
- Understanding children's mental health in culturally diverse communities (April, 24)
- Practice strategies for children; bullying behaviour (June, 24)

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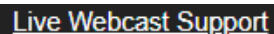
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Learning outcomes

At the webinar's completion, participants will be able to:

- Discuss assessment strategies that are responsive to the family's psychosocial context and the developing parent-child relationship.
- Outline how to engage reflectively with parents to notice, describe and respond to their infants and toddlers' communication cues, emotional experiences, and caregiving needs.
- Discuss how integrating interdisciplinary perspectives within assessment practices can support the parent-child relationship.

Tonight's panel



Sarah Reiman
Child and Family Partner,
SA



Jessica Grant
Social Worker, NSW

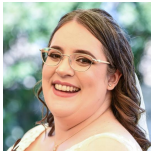


Lauren Keegan
Psychologist, NSW



Facilitator:
Vicki Mansfield
Practice Development
Officer, NSW

The lived experience perspective



Sarah Reiman

Transitions



- The experience of the Neonatal Intensive Care Unit (NICU)
 - I sat by and watched...
 - I felt disempowered watching others care for my baby...
- What was helpful?
 - Being shown how to bathe my baby
 - a program where a practitioner visits to help with things like bonding and sleeping
- What else would have been helpful?
 - Someone who could spend more time with the small things – bonding, playing and feeding
 - Someone who could listen and work with what I was capable of doing at the time

Supports drop off very fast... and that's when the hard time hit!



The lived experience perspective

Understanding the big picture

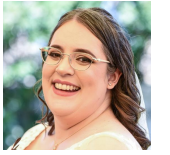
- One size doesn't fit all!
- Balancing medical advice with what's actually going to be best for the baby, parent and family
- It's important that a new parent feels safe to have honest conversations – e.g. about breast feeding
- Don't underestimate the importance a of consistency of practitioners and their messaging



Sarah Reiman



The lived experience perspective



Sarah Reiman

The importance of consistency in practitioners and care

It was unhelpful to have to repeat the challenges that you're having:

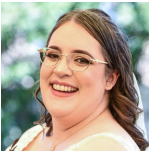
- Textbook ideas – being followed around the house by a practitioner with a calculator... 83mls per 4 hours
- Breaking down confidence, rather than building this up

On the other hand - our General Practitioner was validating and reassuring:

It really helped to hear “You’re his mother, you know more than anyone else what is best for your child”



The lived experience perspective



Sarah Reiman

Learning to play with a baby

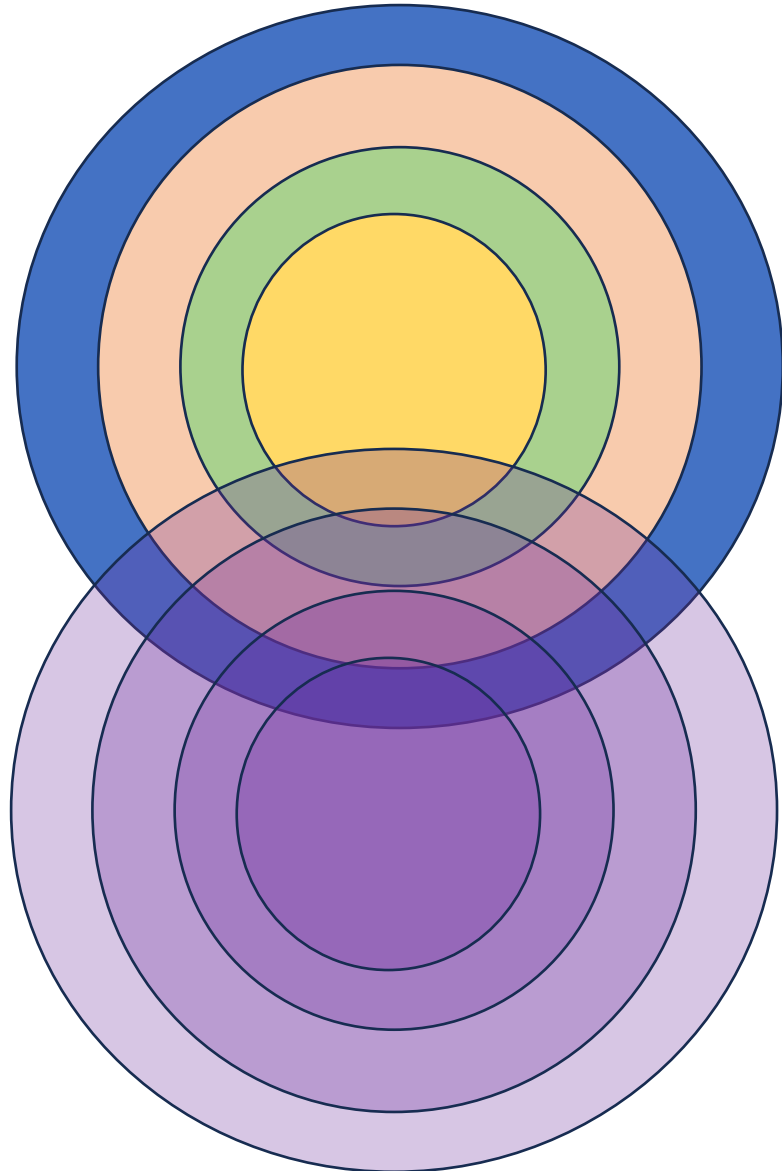
- Not necessarily instinctual
- Support with play would have been beneficial
- Especially with the transition from the medical environment to home with a baby



The social worker's perspective



Jessica Grant



- Individual – the person's age, gender, health
 - Family, friends, school, work, health services, neighbours
- Broader systems – legal, housing, welfare, justice
 - Cultural influences– ethnicity, sexuality, spirituality

The relationships between these spheres

- **AND the relationships between individuals**



The social worker's perspective



Jessica Grant

What I can see

- Sam is practically and emotionally struggling with adjustment to parenting
- Sleep and drop-offs are hard for Sam & Clare
 - Sam has views of Clare as deliberately disruptive or stubborn
- Pete appears confident in parenting and supportive of Sam

Getting to know more

Family focused assessment – relieves pressure off Sam, makes Pete's role visible. Challenges gender stereotypes.

- Family functioning (roles, responsibilities, communication, working together, decision making, conflict)
- Sam's mental state
- Clare's development



The social worker's perspective



Jessica Grant

Vulnerabilities & Strengths

- Negative view of the infant
 - Yelling at the infant
 - Sleep deprivation
- ? Declining maternal mental state
- Parenting pressures re: blended family
 - Limited practical supports
- Sam help-seeking
- Sam curious about how to support Clare
- Sam able to reflect on Clare's feelings
- Clare appears resilient
- Pete appears to be supportive parent/partner

Clear communication with the family and a safety plan to address risks is required



The social worker's perspective



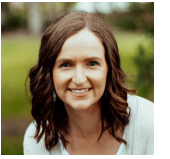
Jessica Grant

Interweaving practical and relational care

- Improving sleep
- Monitoring and managing mental health
- Supporting parent-infant relationship
 - Reflective capacity
 - Behaviours as a need
 - Recognise and respond to cues
- Increasing supports to the family
- Address underlying issues if necessary

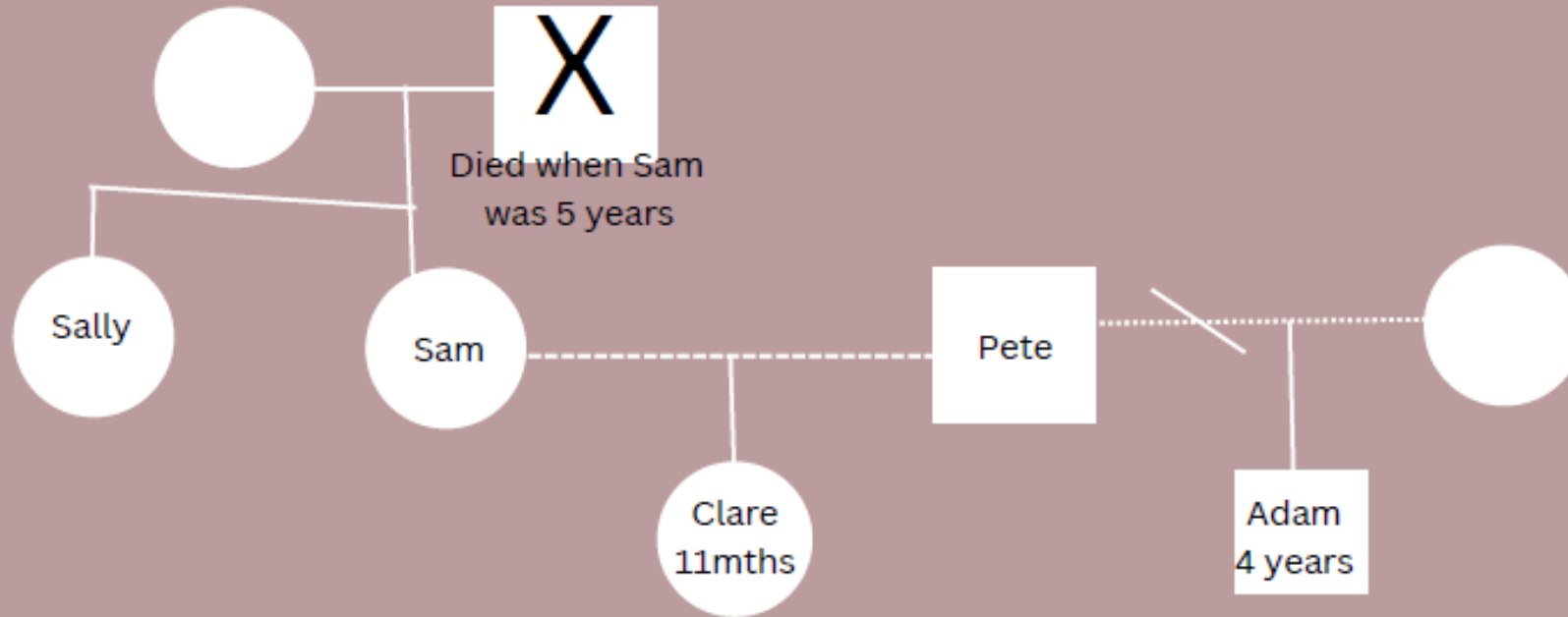


The psychologist's perspective



Lauren Keegan

GENOGRAMS AS AN ASSESSMENT TOOL



The psychologist's perspective



Lauren Keegan

Attachment

- How does Sam's earlier experiences influence her current relationships?
- How does Sam's attachment style impact her parenting?
- What is happening within the dyad?
- How can we support both Sam and Clare to have their emotional needs met?

The psychologist's perspective



Lauren Keegan

Reflective Capacity

- Understanding Sam's own attachment needs
- Understanding Clare's attachment needs
- Psychoeducation and information on infant development
- Parent-infant interventions: Circle of Security, Marte Meo



The psychologist's perspective



Lauren Keegan

SUPPORTING TRANSITIONS

- Going to child care is a separation.
- "Not crying" is an unhelpful goal.
- "Naming" - a Marte Meo supportive communication element that provides predictability, connection and familiarity, particularly around routines and transitions.
- Rupture/repair- the importance of reconnection moments (Circle of Security)
- Examining the developmental messages behind behaviour.



Q&A Session



Sarah Reiman
Child and Family Partner,
SA



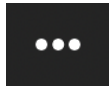
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Future Webinars

Thursday 24 August: *Latest innovations to imbed and sustain trauma informed care*

Wednesday 20 September: *Trauma-informed care: Therapies and approaches to improve your practice*

Tuesday 26th September: *Emerging Minds - Supporting children's mental health when working with separated parents*

Thursday 19th October: *Trauma-informed care: The impact of trauma on the physical body*

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MHPN Network

MHPN supports over 350 networks across the country where mental health practitioners meet either in person or online to discuss issues of local importance.

Visit www.mhpn.org.au to join your local network, a number bring together practitioners with a shared interest in young people's mental health.

Interested in starting a new network? Email: networks@mhpn.org.au and we will step you through the process, including explaining how we can provide advice, administration and other support.

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This webinar was co-produced by MHPN and Emerging Minds for the Emerging Minds: National Workforce Centre for Child Mental Health (NWCCMH) project.

The NWCCMH is funded by the Australian Government Department of Health under the National Support for Child and Youth Mental Health Program.

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