

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

Emerging Minds Resources

****Please note that all links provided in this document were accurate as at the date of publication – Tuesday, 15th August, 2023****

Emerging Minds online courses

[Keeping the infant and toddler in mind](#)

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](#)

This course builds on the foundational knowledge of the *Keeping the infant and toddler in mind* course by presenting five practice strategies that promote the mental health of children aged 0–5 years.

Emerging Minds podcast episodes

[Using cue-based infant massage to support infant mental health](#)

Kerryn Roberts, Coordinator of Infant Massage at Relationships Australia South Australia (RASA), shares her knowledge and experience in delivering cue-based infant massage to families in various settings.

[Navigating the first year of parenting](#)

In this episode, parents Sarah and Claudius give an honest account of navigating the first year of parenting: the joys, hopes, challenges and discoveries they've made since their son, Christopher was born.

[Using genograms in infant mental health assessments](#)

Psychologist Lauren Keegan explores how genograms can be used as a relational assessment tool during infant mental health assessments, as introduced in the *Practice strategies for infant and toddler assessment* online course.

[Trauma-informed perinatal care for people who have experienced sexual trauma](#)

In this episode, Vicki Mansfield (Social Worker and Practice Development Officer at Emerging Minds) discusses the importance of trauma-informed pregnancy and post-natal care for people who have experienced sexual trauma.

[Building a strong and positive relationship with your child](#)

Lyndsay Healy, Director of the Children's Program at Gowrie South Australia, shares her experience in helping parents respond to the needs of their children in a way that allows children to feel safe and secure, while helping build strong relationships between family members.

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[Learning how to parent when you weren't parented well yourself](#)

In this episode, a mother of four, Flick, shares her story of learning to parent when she wasn't parented well herself.

[Inclusive practice with rainbow families](#)

Sociologist and social worker Dr Priscilla Dunk-West explores child-focused and parent-sensitive practice and ways that services can promote inclusivity with rainbow families.

Emerging Minds Podcast: Using genograms in infant mental health assessments with Lauren Keegan

<https://emergingminds.com.au/resources/podcast/using-genograms-in-infant-mental-health-assessments/>

Emerging Minds webinars

[Building parents' understanding of play to nurture infant and toddler mental health](#)

Co-produced with the Mental Health Professionals' Network (MHPN), the aim of this webinar was to increase clinician's understanding of how to utilise play interventions with parents, infants and toddlers to promote connection, communication and overall mental health.

[How infant-led practice in family violence settings can nurture hope for infants and families](#)

This webinar is of interest to practitioners working in the child, family, health, accommodation and housing sectors who encounter or directly work with infants, toddlers and families within the context of domestic and family violence.

Emerging Minds resources and fact sheets

[In focus: Infant and toddler mental health](#)

This article explores the development 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.

[In focus: Supporting your baby's mental health and wellbeing](#)

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

[Self-care for parents and caregivers](#)

This aims to help parents and caregivers understand why self-care is essential, and what they can do for their own wellbeing to help make the most of their time with their baby.

Emerging Minds video

[What is a perinatal and infant psychiatrist?](#)



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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This video is for parents and families to understand the role of a perinatal and infant psychiatrist and how they can support them.

Training and Resources

Marte Meo workshops and training:

<https://www.laurenkeeganpsychologist.com/marte-meo>

Article: 5 ways a genogram can help you understand your therapy client

<https://www.laurenkeeganpsychologist.com/s/stories/5-ways-a-genogram-can-help-you-understand-your-therapy-client>

Article: The Marte Meo: Improving the parent-infant attachment through everyday interactions

<https://www.laurenkeeganpsychologist.com/s/stories/the-marte-meo-method-improving-parent-infant-attachment-through-everyday-interactions>