



3 HRS

Start course

Practice strategies for formulation: Infants and toddlers online course

Practitioners play an important role in promoting and responding to infant mental health. By integrating practice strategies into your existing case formulation practice, you can enhance your work with children and families, and support the long-term wellbeing of infants and toddlers.

About this course

Infants and toddlers need practitioners to be curious about how they sense, communicate and engage with the world around them. They need you to keep them in mind during your conversations with adults; to work with their parents to discover how the child is feeling about their world, and how the family's experiences influence the child's relationships, responses and interactions.

Practice strategies for formulation: Infants and toddlers is all about ways to bring your professional expertise together with the family's know-how, to develop a shared understanding of the infant or toddler's experience.

In this course, you'll learn how to extend your standard formulation practices by integrating the 'ally, advocate and awareness of relationship' framework. You'll also learn to apply four practice strategies that are pivotal to infants and toddlers' relational and developmental health:

1. Understanding safety and relationship development
2. Exploring the barriers and protective factors within the child's village
3. Responding to behaviour as communication
4. Linking and meaning-making

Why was this course developed?

Different professional disciplines, theoretical perspectives and practice modalities have resulted in an abundance of case formulation definitions and frameworks. This course was developed to strengthen your skills in case formulation for this critical period of infant and toddler development. It will help you to identify opportunities and strategies to promote responsive parenting and support infant and toddler mental health. It is the second course in a series of three and will be followed by a practice strategies course on implementation.

How was this course developed?

This course draws on current infant mental health research, clinical insights from perinatal and infant mental health practitioners and includes a fictional family case study which was developed in collaboration with child and family partners.

Who is this course for?

This course is for anyone who works with parents, infants, and toddlers. It broadens the assessment context from an individual adult-oriented perspective to a relational family-inclusive practice context.

What is included in the course?

This course features reading materials, interviews with practitioners from range of disciplines and parents. Each of the four practice skills are explored through a family case study, practice demonstrations and application of reflective activities to the case study. It is designed to be undertaken individually but can also be used as a prompt for conversations between colleagues.