

Infant Mental Health



What Is Infant Mental Health?

Infant mental health refers to the social, emotional and intellectual well-being of children 0-3years in terms of their relationship with their carers.



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Why Is Your Baby's Mental Health & Emotional Well-being So Important?



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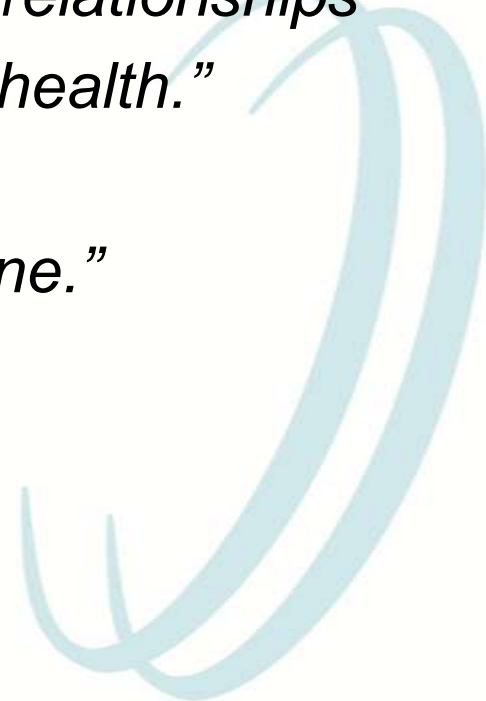
“The period between pregnancy and 3 years is increasingly seen as a critical period in shaping children’s life chances, based on evidence of brain formation, communication and language development and the impact of relationships formed during this period on mental health.”

“It is also a crucial time to intervene.”

Early Years Framework 2008



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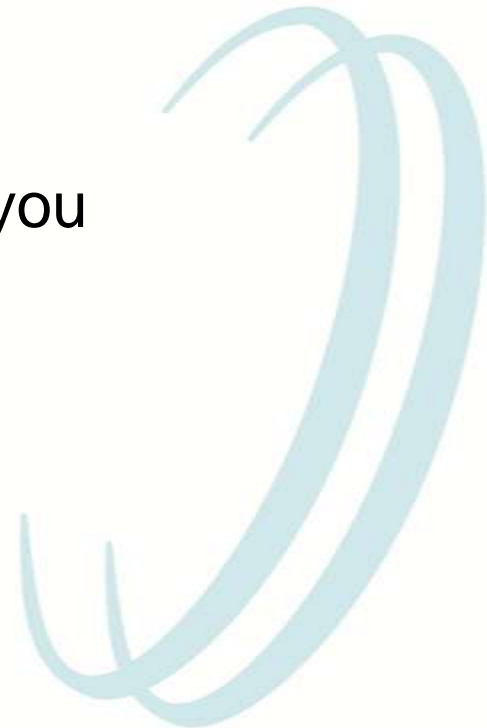
“What happens in the early years can affect the course of development across the lifespan.”

Deborah Weatherston
World Association of Infant Mental Health



Promoting Your Baby's Mental Health Can Nurture:

- Brain development
- Language development
- Your baby forming a secure attachment to you



And Can Prevent....



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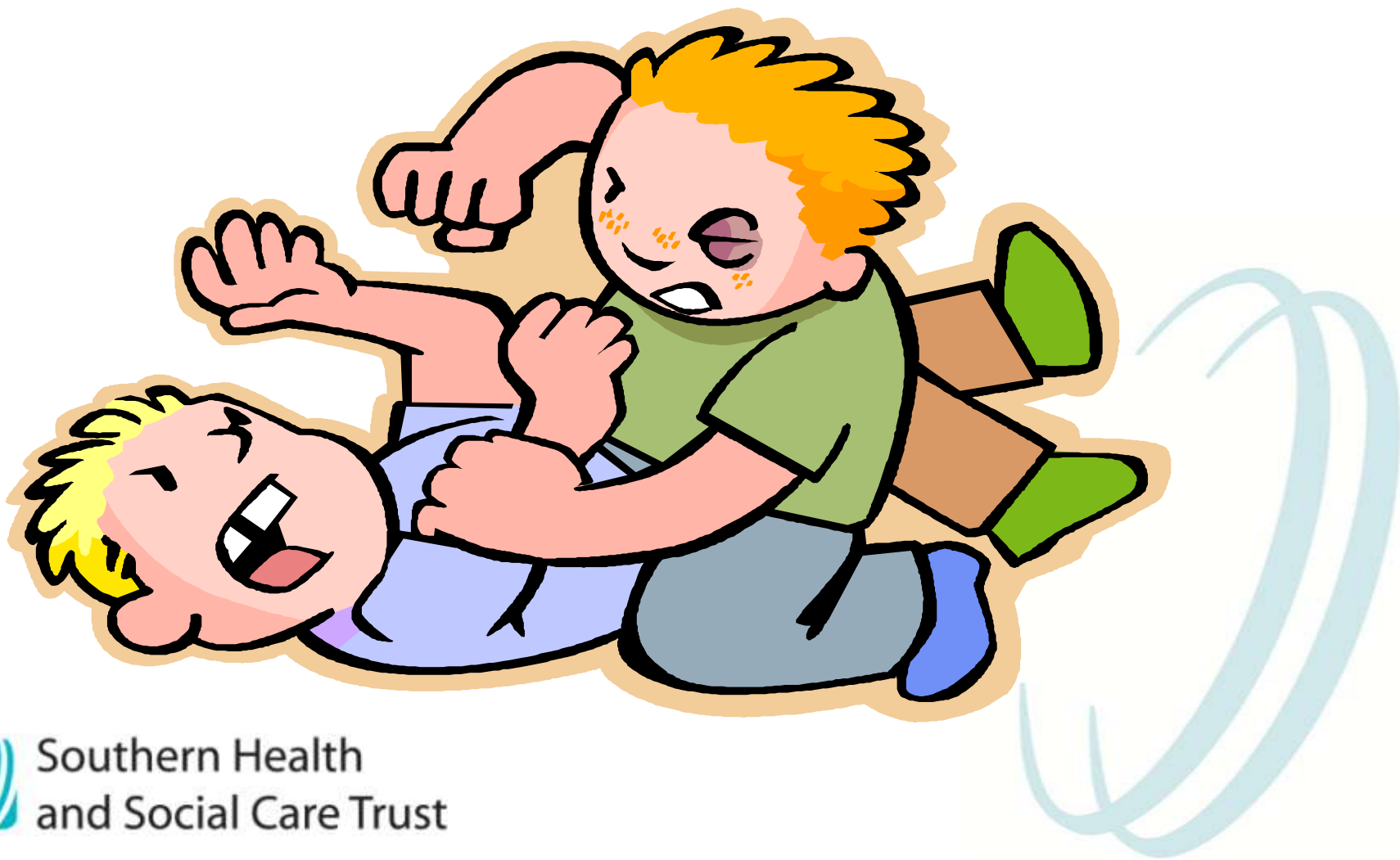
Attachment Disorder



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Violence



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Mental Health Issues Throughout Life



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Drinking Alcohol In Pregnancy Can Cause:

Fetal Alcohol Syndrome

and

Fetal Alcohol Spectrum Disorder



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Which are lifelong defects;

of which

there is no known cure.



Baby with Fetal Alcohol Syndrome

FAS Facial Characteristics:

small eye openings.....

smooth philtrum.....

thin upper lip.....



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**Fetal Alcohol Syndrome
&
Fetal Alcohol Spectrum Disorder
Are**

**100% Preventable;
By avoiding alcohol in pregnancy.**

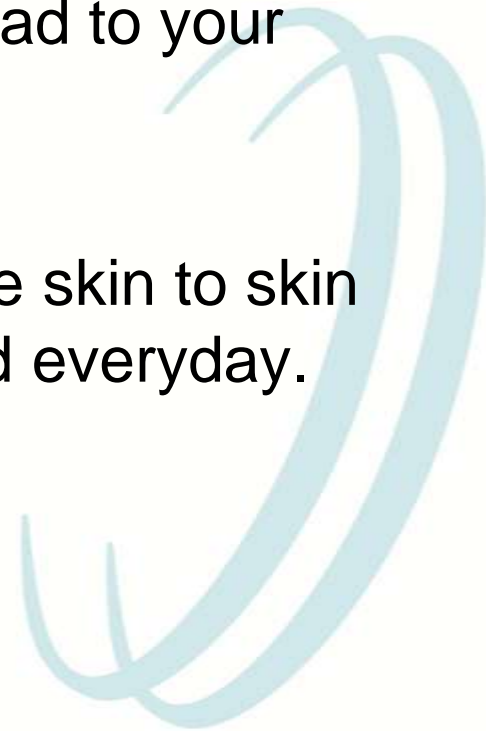


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How You Can Promote Your Baby/Young Child's Mental Health

- Avoid alcohol and drug substances in pregnancy.
- Look at, smile at, talk calmly to, sing and read to your baby/ child everyday.
- Hold, cuddle, gently rock, stroke, encourage skin to skin contact, soothe and comfort your baby/child everyday.









There is no clinical research
available to say you can
spoil your baby/young child.



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There is a huge volume of research
to highlight
the importance of
bonding with your child
in the early years.



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However;
for whatever reason,
sometimes love can take time to grow.



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There Is Support

- Available to help you with your developing relationship with your baby/child.
- Talk to your professional for advice, support and onward referral to i-CAMHS if required.



Intervention Offered at i-CAMHS:

- 1:1 support in a locality venue and time that is suitable for you
- Systemic practice
- Video work as a therapeutic tool (with your consent)
- Cognitive methods
- Child development
- Parenting advice and support



Promoting the Parent Child Relationship

“Helping parents understand and respond to their infant’s unique way of communicating is probably the most important intervention to the infant’s development of a secure attachment.”

P. Svanberg 2002



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