



## Promoting infant and toddler mental health with parents online course

### About this course

This course explores the ways practitioners can support parents by providing reassurance, guidance, information or resources to promote positive mental health in their infant or toddler stage. This is referred to as 'anticipatory guidance'. This course identifies opportunities for practitioners to have respectful and collaborative conversations with parents that support responsive and nurturing caregiving, starting from conception through to three years old.

### Why was this course developed?

This course was developed in stages beginning with a consideration of the desired learning outcomes. Research evidence was used to develop written content, and fictional family scenarios and practitioner interviews helped to further shape and build the course. Throughout the process, feedback and guidance from subject matter experts were sought, including parents with intergenerational experiences of mental ill-health (i.e. their parents and/or their children).

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3 HRS

Start course

### Who is this course for?

This course is for all practitioners working with infants and toddlers. Through your work, you are well placed to support parents by providing relevant, quality information about children's development and mental health.

### How long does this course take?

This course will take approximately three hours to complete, and includes reading the material, videos and reflective activities. It is designed to be undertaken individually, but can also be used as a prompt for conversations between colleagues.

### Suite of courses

This course belongs in a suite of courses which explores concepts related to child mental health and development. It is highly recommended that learners complete the foundation course, *Building blocks for children's social and emotional wellbeing* and *Supporting parents to promote children's social and emotional wellbeing* prior to commencing this course.