

A GP framework for infant and early childhood mental health assessment (0–5 years) online course

This infant and child mental health assessment and management course focuses on the identification, assessment, care planning and support required for children aged 0–5 at risk of or experiencing mental health difficulties.

About this course

The course is built around three key areas of evidence-based practice – research evidence, practitioner experience, and child and family partner feedback. These elements were considered in the scoping, planning and development of the course, to build a General Practice Framework of:

- knowledge of common infant and child mental health conditions
- engagement skills required when interacting with an infant or child and their family
- practical skills for infant and child mental health assessment and management.

Why was this course developed?

Patients talk to their GPs about mental health more than any other health condition. Data indicates that over 80% of 0–1 and 2–3 year olds had been to a GP in the past 12 months¹. In this age group parents may seek support on everyday parenting roles such as supporting their infant or toddler with sleeping and feeding, toileting, emotional regulation and school readiness. This course was developed to meet this increasing need for support in undertaking infant and early childhood mental health assessment and the management of ongoing care.

¹ Children's use of health care services, Diana Warren, Longitudinal Study of Australian Children Survey Annual Statistical Report 2017 chapter – October 2018



How was this course developed?

The course was co-designed in collaboration with GPs and parents to ensure content is relevant and realistic to the practitioner experience, with assistance from additional mental health professionals.

Who is this course for?

This course has been specifically designed for GPs who are seeking to enhance their clinical practice in mental health when working with infants and young children aged 0–5 years.

Accreditation

This activity has been approved for the following hours and types:

Educational Activities: 4 hours
Reviewing Performance Hours: 3.5 hours

This activity has been approved for: Mental Health Skills Training accredited by the General Practice Mental Health Standards Collaboration as a Clinical Enhancement Module as part of a Modular Pathway

Activity Type: CPD Approved Activity

