



3 HOURS

Start course

## Practice strategies for implementation: Infants and toddlers online course

Practitioners play an important role in promoting and responding to infant mental health. By building your confidence in supporting families to navigate change and harness their strengths and skills, you can promote the emotional and social needs of the child and ensure that plans and interventions are responsive to each child and family's unique needs.

### About this course

This course builds on the reflective practice skills of the *Ally, advocate and awareness of relationship framework*, to implement interventions that promote infants and toddlers relational and developmental needs. This course outlines five practice strategies to support parents' strengths and skills in navigating change which promotes early intervention mental health care.

The five practice strategies develop learners' skill and confidence to:

- collaborate to meet infants' and toddlers' needs
- navigate change conversations with parents
- facilitate relational repair
- promote change through everyday moments
- support infants' and toddlers' resilience during times of transition.

The practice strategies are demonstrated through a fictional case study of a three-year-old boy. The demonstrations explore ways of working with his two parents who are engaged in parallel parenting, due to a history of family domestic violence. The child's relational and mental health needs are the intentional focus of each intervention.

### Why was this course developed?

This course recognises the importance of responsive caregiving and was developed to increase clinicians' skills in understanding this critical period of development, ensure responsive parenting interventions and enhance their skills in observing and describing infant and toddler cues, needs, and interactions with parents. It is the final course in a practice suite of three courses.

### How was this course developed?

This course draws on current infant mental health research, clinical insight 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 implementation of interventions from an individual adult-oriented perspective to a relational family-inclusive practice context.

### What is included in the course?

This course features reflective activities that integrate reading materials, practitioner interviews, parent and child play interactions, conversation guides and practice demonstrations. It is designed to be undertaken individually but can also be used as a prompt for conversations between colleagues.

**Recommended APA course citation:** Emerging Minds. (2024). *Practice strategies for implementation: Infants and toddlers* [Online course]. Emerging Minds Learning. <https://learning.emergingminds.com.au/course/practice-strategies-for-implementation-infants-and-toddlers>