**Infant Mental Health Resources**

**E- Learning Units on HSEland**

In clinical practice the topic of IMH has been included for the first time in the National Standardised Child Health Record. To build on this, the National Healthy Childhood Programme have just completed a suite of three eLearning units which are now available on [HSEland](https://scanner.topsec.com/?d=1762&r=show&u=http%3A%2F%2Fwww.hseland.ie%2F&t=b19a272e6250feb7303b9f239f111f15b21fde73) for healthcare practitioners / caregivers who are working with children and families.

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| **Unit**  | **Target**  | **Objectives/Learning outcomes**  |
| **Unit 1 Promoting IMH**  | For PHNs, CMDs, PNs & all front line staff who have a role in promoting IMH | Enable to support parents and caregivers in creating a secure relationship with their infant or toddler to promote overall health and wellbeing across a lifespan * Describe how the nature & quality of parent’s relationships with their infant toddler supports emotional & social development.
* Observe and promote quality caregiving relationships which will encourage optimal IMH
* Identify ways parents can engage in positive interactions
* Identify red flags in early caregiving relationships
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| **Unit 2 Observing infant social and emotional development**  | For PHNs, CMDs & PNs | Help observe the social and emotional development of the infant within the context of the parent infant relationship * Describe a healthy secure relationship
* Work in partnership with parents to promote strengths and identify vulnerabilities in the parent infant interaction
* Understand the development of attachment
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| **Unit 3** **Using IMH approach in practice**  | For PHNs, CMDs & PNs | Help apply an IMH informed approach to your observations of parent infant interactions during a child health assessment. This will support how you might respond to a parent to encourage the promotion of social and emotional development of the infant |

**Videos on My child website & HSE You Tube**

A series of practical videos with HSE expert advice are now available on YouTube and on the my child website.

These videos (2-3 minutes each) are aimed at parents/guardians of children (0 – 3 years).

* Soothing your baby when they cry -  [https://youtu.be/V8J4Z-NgKA8](https://scanner.topsec.com/?d=1527&r=show&u=https%3A%2F%2Fyoutu.be%2FV8J4Z-NgKA8&t=3ec111774c07aca8f19f6519a6d374f09493f04b)
* Responding to baby cues - [https://youtu.be/hRQ2Q21SVjk](https://scanner.topsec.com/?d=1527&r=show&u=https%3A%2F%2Fyoutu.be%2FhRQ2Q21SVjk&t=7e44864ce91d5d401d8392bc39a4b15daaf09bc9)
* Telling stories with children -  [https://youtu.be/bT86eV1cFoE](https://scanner.topsec.com/?d=1527&r=show&u=https%3A%2F%2Fyoutu.be%2FbT86eV1cFoE&t=8f4ee2543c828352038f56915c1850e9f2d3e709)
* Developing your relationship with your baby- [https://youtu.be/w7cW\_tvipe0](https://scanner.topsec.com/?d=1527&r=show&u=https%3A%2F%2Fyoutu.be%2Fw7cW_tvipe0&t=3f7dc328c02b4714fe488ff533a09069de60088e)
* Helping your baby regulate their emotions -  [https://youtu.be/2IoVqnliVF4?list=PLsQK32cdMW\_wqZPklAtP65xWyxsKeRbF3](https://scanner.topsec.com/?d=1527&r=show&u=https%3A%2F%2Fyoutu.be%2F2IoVqnliVF4%3Flist%3DPLsQK32cdMW_wqZPklAtP65xWyxsKeRbF3&t=5d373fea41a54663133876d78687c93ef4488fa6)
* Bonding with your baby -  [https://youtu.be/bfPcGZVTTkQ](https://scanner.topsec.com/?d=1527&r=show&u=https%3A%2F%2Fyoutu.be%2FbfPcGZVTTkQ&t=640be67e2930e3cf86f07c74d8d176a2bb5b8b63)
* Following child’s lead in play - [https://youtu.be/qhhjg6KAKxI](https://scanner.topsec.com/?d=1527&r=show&u=https%3A%2F%2Fyoutu.be%2Fqhhjg6KAKxI&t=6b83fd62489bedfcaae767ec4aa31c2cc1edb0f6)
* Settling baby for sleep - [https://youtu.be/hPY9V47jCJU](https://scanner.topsec.com/?d=1527&r=show&u=https%3A%2F%2Fyoutu.be%2FhPY9V47jCJU&t=c77a0e67ff807d52760933de8c1c9ebb7a89edde)
* Settling into childcare - [https://youtu.be/m0ygB\_R\_lHI](https://scanner.topsec.com/?d=1527&r=show&u=https%3A%2F%2Fyoutu.be%2Fm0ygB_R_lHI&t=7e13d707a2357e8dd2426d22ad09b5e5b09a048b)
* Connecting and Communicating with your baby- [https://youtu.be/pqTxRhiBZWw](https://scanner.topsec.com/?d=1527&r=show&u=https%3A%2F%2Fyoutu.be%2FpqTxRhiBZWw&t=e0969efd423a872cacd3533d4eec9d6ca5fefd8a)

**My child Posters available to order from** [**www.healthpromotion.ie**](http://www.healthpromotion.ie)

  

**Mychild website and Mychild books**

The National Healthy Childhood Programme has embedded IMH as the foundation of the development of its resources and in the approach of the delivery of the universal child health service. This embedding of key messages can be seen in the My Child suite of books ([www.mychild.ie/books](https://scanner.topsec.com/?d=1762&r=show&u=http%3A%2F%2Fwww.mychild.ie%2Fbooks&t=310ae1b9d0eb546fb9d55cc96bb64e92601bf3b4)) and also on [www.MyChild.ie](https://scanner.topsec.com/?d=1762&r=show&u=http%3A%2F%2Fwww.MyChild.ie&t=71b30d5c2e8e3dd6d6e5f1734128fdd0a403b493)  where key messages around bonding and relationship building have been embedded for the parent/caregiver.