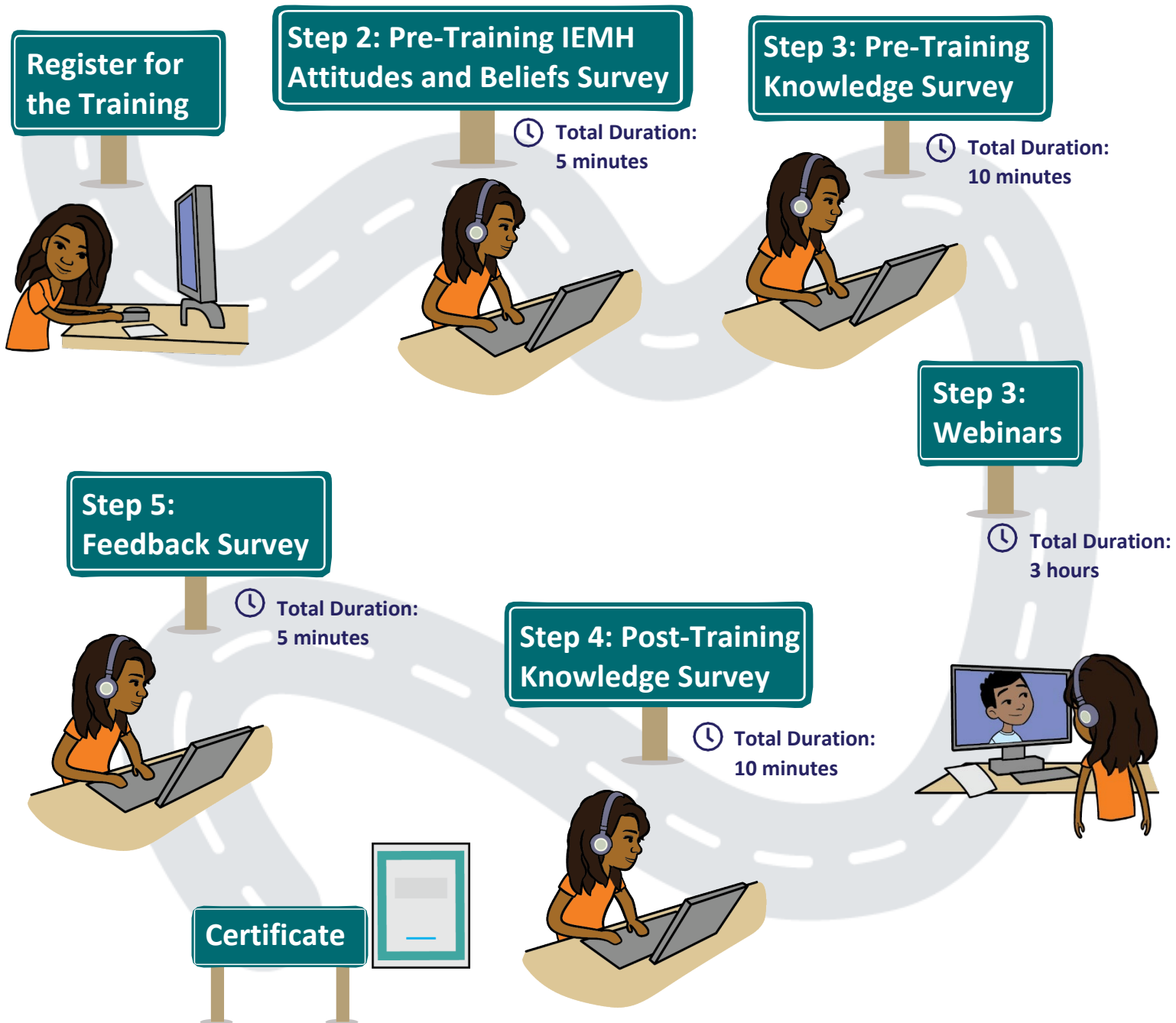


Introduction to Infant and Early Mental Health



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Training Description

Total Duration of Assessments, Pre-Recorded Webinars, and Surveys: 3.5 hours

This introductory session provides an overview of early development with a focus on infant and early mental health. Some key concepts and theoretical models that will be explored are the importance of relationships, the developing brain, understanding behaviours, cultural competence and embedding a family approach into your practice. Practical applications to support these concepts as well as reflective questions will be provided to consider in your practice as you work with infants, young children and their families.

- Step 1:** Complete the Pre-Training IEMH Attitudes and Beliefs Survey
- Step 2:** Complete the Pre-Training Knowledge Survey
- Step 3:** Watch webinars
- Step 4:** Complete the Post-Training Knowledge Survey
- Step 5:** Complete the Feedback Survey

Webinar Section	Duration
Section A: Training Overview	25 mins
Section B: Key Concepts of Child Development	22 mins
Section C: Brain Development	28 mins
Section D: Attachment and Relationships	20 mins
Section E: What Promotes and Derails a Child's Development	11 mins
Section F: Trauma-Informed Care	21 mins
Section G: Embedding a Family-Centered Approach into Practice	18 mins
Section H: Cultural Humility & Competence	23 mins
Section I: Community and Advocacy	17 mins