

**#IMHAW2023**



**AiMH UK Conference - Bonding Before Birth:  
'Approaches to Supporting Early Parent Baby  
Relationships'**

**Thursday 15th June 9.00am - 12.30pm  
(British summer time - an online event)**



**Bonding  
Before  
Birth**

**#IMHAW2023**

**BOOK TICKETS ON EVENTBRITE**

FURTHER INFORMATION CONTACT:  
INFO@AIMH.UK

# Programme

## **Bonding Before Birth: Approaches for Supporting Early Parent Baby Relationships**

This conference is for all practitioners supporting parents in the antenatal period and is designed to give attendees up to date knowledge and practical skills to enhance practice. This conference is part of Infant Mental Health Awareness Week 2023, Bonding Before Birth, #IMHAW2023

Participants will take away: The AiMH UK Best Practice Guide (updated for 2023): "The Relationship with The Baby Before Birth, Why it Matters" and ideas to support parents with relaxation and bonding in pregnancy. There will be a particular focus on helping parents connect with their unborn baby when it is challenging.

### **Programme**

#### **9:00 Welcome & Introduction to the updated Best Practice Guide: Jane Barlow**

*'The Relationship with the Baby Before Birth: Why it Matters'*

#### **9:30 Keynote Speaker - Ruth Oshikanlu - MBE QN FiHV FRCN FRSA FRSPH**

*'Attachment Begins in Utero: The Vital Role of Facilitating Parental-Foetal Attachment'*

Parental-foetal attachment is a complex concept and involves the emotional attachment between expectant parents and their foetus. Healthcare providers working with birthing families have a vital role to play in promoting healthy parental-foetal attachment. This presentation will outline what the parental-foetal attachment is, why it is important and ways that health care providers can support expectant parents to connect with their babies in utero.

Learn about the use of antenatal attachment scales as a tool to discuss and support antenatal attachment and how collaborative care between healthcare providers can identify those that may be at risk of poor parental-foetal attachment, and ensure that coordinated, consistent and seamless care is provided for these families. Also include will be a discussion about the impact of trauma on antenatal attachment and how expectant parents can be supported to manage their fear, anxiety and stress, parental and partner separation.

#### **10:30 Presentation - Rachael Loftus - Specialist Midwife- Infant Mental Health.**

*'Connecting with the unborn baby through relaxation and mindfulness techniques'*

Rachael began her midwifery career in 2005 and has worked in specialist roles supporting families with parent infant relationships for almost 10 years. Currently working in a specialist Infant Mental Health team in Bradford- Little Minds Matter

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they support parents and caregivers where risks and/or difficulties have been identified within the relationship with babies from conception to age 2. She is extremely passionate about early intervention and prevention for families and also issues surrounding social justice. All babies should be supported to have loving and secure relationships with their caregivers regardless of external factors and vulnerabilities.

Rachael will share examples from her wealth of practical techniques for promoting bonding in pregnancy using relaxation and mindfulness-based meditation.

11.00am Break

## **11.15 Presentation - Julianne Boutaleb - Consultant Perinatal Psychologist**

**'Dream Babies & Nursery Ghosts: Helping Parents Connect with their Unborn Baby after Reproductive Trauma & Loss'**

1 in 7 couples in the UK experiences fertility issues and 1 in 4 pregnancy loss in the transition to parenthood. Whilst it is assumed that bonding before birth is optimal for infant mental health, what happens to the 'baby in mind' when parents-to-be come to parenting after such a difficult reproductive journey? How might the baby be impacted? What might the difficulties in the early parent-infant relationship be and how can we best support parents and babies through pregnancy and early postpartum?

**12.00 Presentation - Professor Crispin Day - Head, Child & Adolescent Mental Health Services Research Unit, King's College London, Department of Psychology, Institute of Psychiatry, Psychology & Neuroscience, United Kingdom,**

***'Welcome to BabyCHAT: A feasible, brief intervention to boost parental prenatal bonding and reflective function'***

BabyCHAT is a novel, group-based, single session intervention designed to increase parent prenatal awareness of fetal and infant psychosocial development, stimulate parental bonding and reflective function. In his talk, Professor Day will describe the background, development, initial evaluation findings and implementation in practice of BabyCHAT. He will describe the content of the intervention, share examples of the materials used and describe findings from the feasibility randomised control trial conducted by Hannah Cox and colleagues (Cox et al., 2020). Prof Day will finish by describing recent applications of BabyChat in perinatal mental health services in South London.

12:30 Conference End

Tickets:

Members: £40.00, Non-members: £60.00

If you wish a team / members of an organisation to attend and need an invoice raising please get in touch with Lin Carruthers [info@aimh.uk](mailto:info@aimh.uk)

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# Speakers



Ruth Oshikanlu MBE QN FiHV FRCN FRSA FRSPH

Ruth Oshikanlu is a multiple award-winning expert nurse, midwife and health visitor. Ruth is a Pregnancy Mindset Expert and supports women (and their partners) who have had assisted conception or previous pregnancy loss to enjoy their pregnancy without fear. She is the author of *Tune In To Your Baby: Because Babies Don't Come an Instruction Manual* and recently wrote the chapter: *PACE Yourself and Enjoy Parenting* in *Not Another Parenting Book*.

Ruth is a speaker, mentor and coach. She is a Queen's Nurse, Churchill Fellow, Fellow of the Institute of Health Visiting, Royal College of Nursing, The Royal Society of Arts and Royal Society for Public Health. Ruth is the recipient of several national healthcare and business awards. Ruth was appointed a Member of the Order of the British Empire (MBE) in the New Year 2019 Honours List for services to community nursing, children and families.



Rachael Loftus - Specialist Midwife- Infant Mental Health.

I began my midwifery career in 2005 and have worked in specialist roles supporting families with parent infant relationships for almost 10 years. I currently work in a specialist Infant Mental Health in Bradford- Little Minds Matter. We support parents and caregivers where risks and/or difficulties have been identified within the relationship with babies from conception to age 2. I predominantly work with pregnant parents and in the early days and weeks. I specialise in supporting the development of secure attachment between infants and their main carers through increasing parental bond and sensitive, responsive parenting. I am currently studying Systemic Family Therapy to increase my skills in working therapeutically with families to explore wider difficulties impacting the relationships they have with their babies.

I am extremely passionate about early intervention and prevention for families and also issues surrounding social justice. All babies should be supported to have loving and secure relationships with their caregivers regardless of external factors and vulnerabilities.

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# Speakers



## **Julianne Boutaleb - Consultant Perinatal Psychologist**

Julianne is the Clinical Director and Founder of the Parenthood In Mind practice. She is a passionate and highly experienced perinatal psychologist who has worked for over 20 years in the NHS and private practice with parents and parents-to-be and their babies (and bumps) who have needed support with a wide variety of issues including anxiety and depression during and after pregnancy, miscarriage and reproductive loss, attachment issues, re-emergence of childhood issues and couples issues. Julianne is a member of the Birth Trauma Association and specialises in working therapeutically with birth trauma, PTSD and tokophobia (fear of giving birth) as they impact the mother, couple relationship and parent-infant attachment. In addition, she is also affiliated with BICA (British Infertility Counselling Association) and offers tailored psychological interventions for individuals and couples (including same sex couples) who are pregnant or are parenting following ART (IVF, ICSI, donor conception, surrogacy) or adoption.



## **Professor Crispin Day BSc, Clin Psych, PhD, AFBPS, Chartered Scientist Head, Centre for Parent and Child Support, South London and Maudsley NHS Foundation Trust, London**

Head, Child and Adolescent Mental Health Services (CAMHS) Research Unit, King's College, London, Department of Psychology, Institute of Psychiatry, Psychology & Neuroscience

Prof. Day's work focusses the development, implementation and dissemination of evidence-based interventions and practice methods intended to help parents give their children the best start in life, from pregnancy to adolescence. These include peer-led community and early intervention such as Empowering Parents, Empowering Communities Being a Parent and Baby & Us (Day et al., 2012, 2020a, 2020b), Helping Families Programme (Day et al 2020), a specialist parenting interventions for parents with severe mental health difficulties and child neglect and abuse, as well as early life approaches such as the Antenatal/Postnatal Promotional Guide system (Day, 2014) and more recently BabyCHAT (Cox et al., 2020).

Dr Day leads a clinical research, development and dissemination programme involving feasibility, randomised controlled trials, qualitative methodologies and human-centred design methods. He is also involved in a number of field and research trials examining the use of digital technology and social media platforms to improve family mental health knowledge and outcomes. Dr Day works with closely colleagues in China, Japan, Australasia and Europe to culturally adapt and implement these programmes in a global context.

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# Next AiMH UK Event

National Networking Event -  
Developing Best Practice



'Inconsolable crying in infants -  
A Relational Approach'

Thursday 6th July 9.30am - 12.00pm



**BOOK TICKETS ON EVENTBRITE**

Members: Free

Non-Members: £20

includes a downloadable copy of the new Best Practice Guide 10 - 'Inconsolable crying in infants'



# AIMH UK MEMBERSHIP

THE UK'S LEADING MEMBERSHIP  
ORGANISATION FOR ALL INFANT  
MENTAL HEALTH PRACTITIONERS –  
SUPPORTING YOUR WORK IN INFANT  
MENTAL HEALTH



# ABOUT US



Our mission is to promote understanding about infant mental health (IMH) and its importance, and to support the continuing professional development of all practitioners, early years workers, educators and students working to improve outcomes for parents, babies and toddlers.

AiMH UK, which was founded in 1996 and is an affiliate of the World Association for infant mental health (WAIMH), is a not-for-profit organisation and our primary function is to contribute to the raising of standards of IMH practice.

## WHAT WE DO

- Raise awareness of the importance of Infant Mental Health for the child's future development
- Bring together practitioners working to promote the well-being of infants and toddlers in local AiMH UK hubs
- Provide CPD training events and conferences, delivered by experts in the field of infant mental health to update professional practice
- Provide practitioners with access to a range of resources that will improve their practice including the AiMH UK Best Practice Guides, the IJPE Journal, recommended IMH Books, articles and research papers.



Cited in the Family Hubs and Start for Life (SfL) Programme Guidance (2022)

## THE AIMH UK IMH CPD PROGRAMME

Designed to enable you to map your skills, knowledge and practice experience against the UK national Infant Mental Health Competency Framework (IMHCF), to build your IMH Portfolio, and gain entry to the Infant Mental Health Recognition Register (IMHRR)



# AIMH UK MEMBERSHIP



Access to all professional resources on the AiMH UK Member area including the AiMH UK Best Practice Guides and the 'Getting to Know Your Baby' Videos



Access to AiMH UK Skills Box sessions and online events and workshops



Access to the AiMH UK community through Mighty Networks; an App based platform available online and on mobile phones and membership of your local networking hub.



Quarterly copies of the International Journal of Birth and Parenting Education (IJBPE ) and access to an archive of past issues (this would normally cost £25)



Discounted access to the AiMH UK National Conference, Spring Conference and the AiMH UK IMHAW Conference



Access to the AiMH UK IMH CPD Programme to generate an IMH CPD Portfolio and secure registration on the UK Infant Mental Health Recognition Register (IMHRR) <https://imhcpd.aimh.uk>



Regular email updates on the latest news and research in Infant Mental Health with downloadable articles, and reports. Clinical updates, regular newsletters and best books in IMH



mighty networks





# INDIVIDUAL MEMBERSHIP

## QUALIFIED PROFESSIONAL

£65

AiMH UK Membership and access to the IMH CPD Programme

## EARLY YEARS WORKER

£35

with a Level 2 or Level 3 childcare qualification/Level 3 Diploma for the Children and Young People's Workforce/Level 3 Diploma for the Early Years workforce and the CACHE Diploma for Nursery Nurses

## STUDENT

£30

Evidence of your University / College, course, and tutor must be provided to [admin@aimh.uk](mailto:admin@aimh.uk)

## ORGANISATIONAL / TEAM MEMBERSHIP PACKAGES AVAILABLE

We offer several packages for your team / organisations to join AiMH UK. From a basic membership to a Bespoke IMH CPD package with access to events, support for building your teams IMH Portfolio and access to the IMH Recognition Register upon successful completion of the IMH CPD programme.

all valid for 1 year

FOR FURTHER INFORMATION CONTACT: [ADMIN@AIMH.UK](mailto:ADMIN@AIMH.UK)



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