

AIMH UK
LUNCHTIME
SKILLS BOX
'CALMING PARENTS,
CALMING BABIES'

SUPPORTING MENTAL
HEALTH AWARENESS
WEEK 2023

WITH
SARAH HODGKINS



15 to 21 May 2023

Mental Health
Awareness Week



#ToHelpMyAnxiety

THURSDAY 18TH MAY 1.00PM - 2.00PM

BOOK TICKETS ON EVENTBRITE

AiMH UK Members: free

Non-Members: £15 (plus booking fee)

**please contact info@aimh.uk for any queries or you
would like a team to join the event.**

**AIMH UK
LUNCHTIME
SKILLS BOX
SESSIONS**

SKILLS BOX SESSION - CALMING PARENTS, CALMING BABIES'

SUPPORTING MENTAL HEALTH AWARENESS WEEK 2023 - 'ANXIETY'

THURSDAY 18TH MAY 1.00PM - 2.00PM

The programme is based on neurodevelopment, attachment theory and mindfulness and supports parents to connect with their babies from a place of calm, particularly when things are stressful. Sarah will share her simple and practical tips for helping parents of babies to calm and ground themselves. This talk will be useful for any practitioner working with parents and babies and for early years practitioners working directly with babies.

During this session Sarah will share a little about the importance of helping parents to become more aware of their emotional state so that they can respond to their baby's needs from a calmer place. She will explore some simple ways that this can be achieved and consider how we can support parents to feel more confident and trusting in themselves through their parenting journey.



SARAH HODGKINS - BIO

A Mental Health Occupational Therapist with over 27 years experience supporting children, young people and parents. In addition to this I specialise in working with fertility, pregnancy and birth as well as offering antenatal and parental care. I am a trained Clinical Hypnotherapist, Reiki Master and Mindfulness teacher and have also been a Relax Kids coach for over 8 years. As part of this work I was able to create and develop the Baby Mindful approach, sessions for parents and babies which aim to help build confidence, calmness and a strong foundation together.

Members: free
Non-Members: £15

BOOK TICKETS ON EVENTBRITE

FURTHER INFORMATION CONTACT:
INFO@AIMH.UK



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

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



<https://aimh.uk>

<https://imhcpd.aimh.uk>