



**AIMH UK**  
**LUNCHTIME**  
**SKILLS BOX**  
**SESSION WITH**  
**VICKY ARMSTRONG**  
**& CLARE NORFOLK**

**ART AT**  
**THE**  
**START**



**THURSDAY 25TH JANUARY 1.00PM - 2.00PM • ONLINE EVENT**

**BOOK TICKETS ON EVENTBRITE**

**AiMH UK Members: free**

Non-Members: £10 (plus booking fee)

please contact [info@aimh.uk](mailto:info@aimh.uk) for any queries or if you wish a team / members of an organisation to attend.



## SKILLS BOX SESSION - 'ART AT THE START'

AiMH UK is delighted that **Art at the Start** will be presenting our January Skills Box session. This will bring some brightness and fun to the depths of winter. **Vicky Armstrong and Claire Norfolk** co-facilitate parent-baby art sessions for the acclaimed Art at the Start Programme in Dundee, Scotland. This is an evidence-based programme which focusses on bringing the benefits of art-based play to parent-infant relationships. Research on the programme has been undertaken in collaboration with the University of Dundee. Evaluation showed observable, positive changes in parent-baby interactions. The Art at the Start programme is now being scaled up across new sites in Scotland.

Art-based interventions can:

- Show babies that new experiences can be fun!
- Support parent-baby communication, connection and enjoyment!
- Help infants see that they can make their mark on the world and it will be positively received!

The art-based, therapist-facilitated programme is designed to support parents in regulating and attuning with their baby's aims and feelings. Parents who join the programme may feel overwhelmed by the task of being a new parent or may be struggling to bond with their baby. Some parents may come suffering from post-natal depression. Parents are supported to have warm, reciprocal interactions with their baby to build expectations of safe, supportive, responses from others. These schemas can lead to a positive sense of self and encourage children to engage with and build relationships as they grow up. Art at the Start's premise is that by targeting their intervention at an early stage it will have the potential to improve not only the current health of each dyad, but the health of future generations.

### From the Art at the Start website:

*"Art making together can bring so much joy to very young children and their grown-ups. And while you make art together, you and your baby are also sharing something important. Art making together creates wonderful moments of connection. We believe that making art is amazing for little ones' sense of self: When babies make a mark in the paint, they see the impact they can have on the world. And when they see the adults in their lives respond positively to these creations, this builds their self-esteem. Playing with art materials also gives young children new and stimulating sensory experiences. By helping your baby enjoy these experiences, you are teaching them not to be afraid to explore the world."*

Vicky and Claire will share a variety of practical ideas that all practitioners can use in their work with parents and babies. All ideas shared will have the aim of increasing connection and fun. We hope this session will be a bright spot in your day, with plenty to take away and that you will be able to join us!

All attendees will be sent an AiMH UK CPD Certificate. <https://imhcpd.aimh.uk>

**Members: free**  
Non-Members: £10

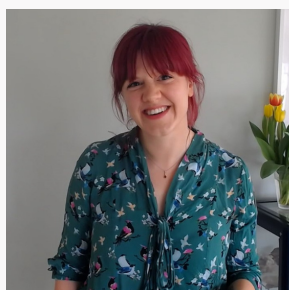


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FURTHER INFORMATION CONTACT:

INFO@AIMH.UK

AIMH UK  
LUNCHTIME  
SKILLS BOX  
SESSIONS



Dr Vicky Armstrong is an HCPC registered art therapist and a lecturer in psychology. She runs the Art at the Start research project at the University of Dundee which looks at the benefits of art making on early relationships including developing and evidencing a model of parent-infant art therapy.

<https://sites.dundee.ac.uk/artatthestart/>.

She has trained art therapists, early years workers, and health professionals in art-based approaches. She is the art therapist at Dundee Contemporary Arts running parent-infant art therapy groups to support attachment relationships and wellbeing in partnership with the NHS Tayside Infant Mental Health team.



Dr Claire Norfolk is a Clinical Psychologist in the Infant Mental Health Service in NHS Tayside. Prior to joining this IMHT, she worked in CAMHS, specialising in work with children, young people and families where, underlying the mental health concerns, there were concerns around trauma and attachment in the early years.

Working extensively with the complex presentations in CAMHS, where difficulties in the early relational context frequently lay at the root of concerns, has fostered a strong interest in the powerful influence of this early period and in the therapeutic interventions that can effectively intervene to shift this trajectory. The choice to join the Infant Mental Health Team reflected this interest.

Claire has recently completed a post graduate diploma in Psychoanalytic Observation and Reflective Practice allowing her the opportunity to develop a deeper understanding of the way early relationships may shape infant development and to nurture her skills in the observation of babies and young children.



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# AIMH UK MEMBERSHIP

THE UK'S LEADING MEMBERSHIP  
ORGANISATION FOR ALL INFANT  
MENTAL HEALTH PRACTITIONERS,  
EARLY YEARS WORKERS, STUDENTS  
AND EDUCATORS

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)



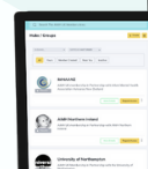
Discounted access to the AiMH UK National Conference, Spring Conference and the AiMH UK IMHAW Conference



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



# 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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