

**AIMH UK  
LUNCHTIME  
SKILLS BOX  
SESSION**



**READY TO  
RELATE:  
NURTURING  
CONNECTION  
FROM THE VERY  
BEGINNING**



**WEDNESDAY 2ND JULY 1.00PM - 2.00PM • ONLINE EVENT**

Babies are born ready to connect - seeking closeness, comfort, and connection from the very beginning.

**Dr Lisa Milne and Jane Dickens** from the Bradford District Foundation Care Trust will present on the Ready to Relate (R2R) resources designed to help parents and practitioners support the vital bond from the very beginning.

**BOOK TICKETS ON EVENTBRITE**

**AiMH UK Members: free**

**Non-Members: £15 (plus booking fee)**

## Ready to Relate: Nurturing Connection from the Very Beginning



Babies are born ready to relate. From the very start, they seek companionship and connection - something many of us intuitively feel but few fully understand.

**The Ready to Relate (R2R) resource** was developed to bridge that gap in knowledge, recognizing that the parent-infant relationship is foundational to both infant and parental mental health, influencing everything from emotional bonding to infant feeding.

Many professionals - and parents - are still unfamiliar with the rich inner world of babies. Yet families have a natural hunger for this knowledge. Ready to Relate was designed not only to upskill practitioners but also to empower families with essential understanding about their baby.

The emerging evidence base demonstrates that using the Ready to Relate resource enabled sustained changes in parenting, and further findings are awaited from the research carried out by York and Huddersfield University.

Join us to explore how these research-informed resource cards can be used by any practitioner, during any contact, with any family - whether celebrating meaningful moments or offering light-touch support when challenges arise.

### Key Takeaways for Attendees:

- Recognise the many ways babies are ready to relate—through eye contact, gestures, sounds, and movement—and what these cues tell us.
- Gain a practical tool - use the Ready to Relate resource across a range of settings, from everyday interactions to low-level interventions.
- Build confidence in supporting families with accessible, evidence-informed information that helps them connect meaningfully with their baby.



#### Dr Lisa Milne:

Lisa is the clinical lead for the Specialist Mother and Baby Mental Health Service, the specialist perinatal mental health service, and perinatal mental health pathway lead across Bradford

District Foundation Care Trust. She has worked in the NHS for 24 years. Perinatal mental health includes promoting and supporting the parent-infant relationship. Her background is psychotherapy. Lisa is trained in and delivers a range of psychological interventions including infant-parent psychotherapy. She delivers training regarding perinatal mental health, parent-infant relationships, safeguarding training and suicide risk management training as well as Ready to Relate training. Research areas include, Ready to Relate, young mothers' experiences of the mother-infant relationship, the infant's experience of the relationship, Health Visitors roles in supporting the mother-infant relationship.

*"Working with infants has been the most fascinating and gratifying part of my work. If we want to understand the human condition, we should look to our infants."*



#### Jane Dickens:

Jane is a Midwife and Health Visitor, who has worked in the NHS since 2000. She has experience working in community and hospital settings supporting parents from pregnancy,

through birth and into the postnatal period, supporting the development of their relationship with their baby, alongside infant feeding. Recognising that the parent-infant relationship is an integral part of infant feeding, Jane was appointed Strategic Lead of Infant Feeding for Bradford District and leads the community infant feeding team that delivers specialist clinical interventions. Jane provides infant feeding training as well as Ready to Relate training. Her roles have integrated the key themes of the parent-infant relationship, perinatal and infant mental health, and infant feeding.

*"The evidence is clear, that supporting families early in their parenting journey, has the best outcomes. Supporting babies to have the best possible start in life is a constant theme through my professional career."*

## BOOK TICKETS ON EVENTBRITE

CONTACT: [INFO@AiMH.UK](mailto:INFO@AiMH.UK) for further information or to book a team on the event.





The  
Association  
for Infant  
Mental  
Health

## WHAT WE DO

**AiMH UK** is committed to promoting the importance of infant mental health (IMH) and early relational health, while supporting the ongoing professional development of practitioners, IMH teams, early years workers, educators and students focused on improving outcomes for parents, babies, and toddlers.

## WHY BECOME A MEMBER

We have a dedicated platform providing resources, training, and networking opportunities designed to enhance your professional practice and support the well-being of infants and their families.

## MEMBERSHIP OPTIONS

We offer flexible membership packages for individuals, teams, and organisations – tailored to your professional development needs.

## JOIN US TODAY ✨

Enhance your skills, stay connected, and make a difference in the field of infant mental health.



[www.aimh.uk/membership](http://www.aimh.uk/membership)



[info@aimh.uk](mailto:info@aimh.uk)

### Professional Resources

Access Best Practice Guides, factsheets, research articles, and “Getting to Know Your Baby” videos.

### Events & Workshops

Enjoy complimentary or discounted access to Skills Box Sessions, online events, workshops, and conferences.

### Networking & Community

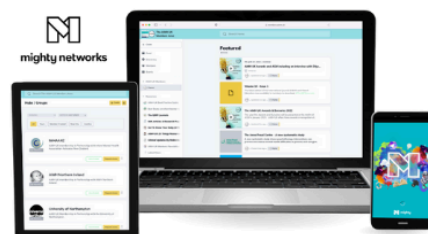
Connect with fellow professionals through our Mighty Networks platform and local AiMH UK hubs.

### CPD Opportunities

Build your IMH Portfolio, map your skills against the UK Infant Mental Health Competency Framework, and gain recognition on the Infant Mental Health Recognition Register (IMHRR).

### Regular Updates

Stay informed with newsletters, clinical updates, and the latest research in infant mental health.



Supporting your work in infant mental health