

AiMH UK NATIONAL ONLINE CONFERENCE 2025

TINY SENSES, BIG IMPACT



Wednesday 26th November
9:30am - 3:30pm | online

TICKETS

Members of AiMH UK: £45
Non-members: £65

Early Bird Member tickets
available until Friday 24th Oct

TEAMS & ORGANISATIONS

Team bookings welcome!
Contact info@aimh.uk to
secure places for your
organisation and enjoy
learning as a group.



JOIN AiMH UK

- Exclusive discounts for events, workshops & conferences
- Professional resources, CPD soundbites & regular updates
- Networking & community support

CPD Hours - 5

Add to your IMH Portfolio on the
AiMH UK IMH CPD Programme

<https://imhcpd.aimh.uk>

Tiny Senses, Big Impact: Sensory Integration and Early Intervention for Babies and their Parents.

This year's conference brings together experts from psychology, psychotherapy, and occupational therapy to explore how sensory experiences shape babies' development, relationships, and wellbeing.

From early neonatal care to everyday routines, sessions will highlight practical, sensory-informed approaches that support connection, co-regulation, and growth for infants and their parents.

This event will develop your knowledge and skills to:

- Understand how sensory experiences shape early development and attachment
- Apply trauma- and sensory-informed models in practice
- Support families in neonatal and early intervention settings
- Use practical "tiny tweaks" in everyday routines
- Recognise and respond to parent-infant sensory mismatches
- Translate research into tools for real-world practice



**REGISTER NOW
FOR THE
MEMBER EARLY
BIRD TICKETS £35**



JOIN
AIMH UK



PROGRAMME OF THE DAY

TINY SENSES, BIG IMPACT



9:30 Welcome & Introduction - Professor Jane Barlow, President, AiMH UK

“It is my great pleasure to introduce you to the **AiMH UK National Conference 2025**.

This year’s theme, **‘Tiny Senses, Big Impact’** highlights the profound ways in which sensory experiences shape the earliest foundations of development, attachment, and wellbeing. As professionals working with infants and families, we know that even the smallest sensory encounters can play a vital role in supporting connection, regulation, and resilience.

The programme brings together leading experts to share research, practice, and practical strategies that will help us all deepen our understanding and strengthen our support for parents and babies. We look forward to the stimulating discussions, shared insights, and connections that will emerge from the event, and to the ways in which these will continue to influence practice long after the conference ends”.



9:35 to 11:00 Keynote Speaker: Éadaoin Bhreathnach,

Clinical Director of the Sensory Attachment Centre, Consultant Occupational Therapist & Attachment Counsellor

Regulating Relationships: Sensory Attachment Intervention for Early Connection and Care

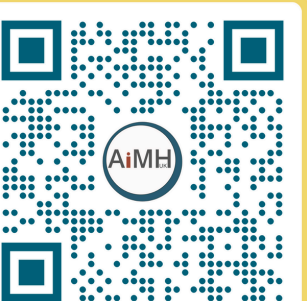
Éadaoin Bhreathnach will present her Sensory Attachment Intervention (SAI) Model of Mother-Infant Regulation, which offers a comprehensive framework for understanding the complexity of co-regulation in the early caregiver-infant relationship. Grounded in developmental trauma theory and informed by Ayres’ Sensory Integration, Crittenden’s Dynamic Maturation Model of Attachment, Porges’ Polyvagal Theory, and the work of Perry and Van der Kolk, this clinically driven model emphasizes practical approaches that enhance early relational health.

The presentation will explore how states of arousal, sensory processing, and internal representations of self, other, and the environment influence a parent’s and infant’s capacity to self-regulate and co-regulate. Particular attention will be given to how sensory challenges can affect everyday caregiving activities—such as feeding, cuddling, bathing, and playing—and potentially disrupt the bonding process.

Éadaoin will introduce the SAI Parent-Infant Impact Chart, a clinical tool designed to inform intervention by identifying the roots of behavior. The chart helps differentiate whether a behavior is driven by trauma memories, sensory dysregulation, or attachment dynamics.

Professionals will gain insight into how to support parents in tuning into their infant’s unique sensory profile, offering practical, compassionate strategies to promote emotional connection, regulation, and secure attachment. This trauma-informed approach enhances our understanding of early developmental needs and provides a solid foundation for supporting both infant and caregiver well-being.

11:00 to 11:15 - Coffee Break



BOOK YOUR PLACE HERE

**JOIN
AiMH UK**



PROGRAMME OF THE DAY

TINY SENSES, BIG IMPACT



11.15am to 12.00pm Dr Kerry Taylor,

Principal Clinical Psychologist, Trevor Mann Baby Unit, Brighton.

‘Faith hope and clarity: bringing parent infant clinical psychology to neonatal intensive care’.

In this session, Dr Kerry Taylor shares her personal and professional journey transitioning from community-based parent–infant psychology into the high-intensity setting of neonatal intensive care. Drawing on her experience, she will reflect on the unique challenges and opportunities that arise when supporting very early babies and their parents within such a critical environment.

Kerry introduces seven key reference points that provided a framework for her practice — ranging from supporting babies’ neurological stability, to containing parental distress, and to strengthening the resilience of frontline staff. Through clinical insights and practical examples, she will illustrate how these principles can foster early love, connection, and co-regulation between parents and their infants, even in the face of medical uncertainty and stress. This session highlights the importance of maintaining hope and clarity for families while navigating the complexities of neonatal care, and offers guidance for professionals seeking to bring a parent–infant clinical psychology perspective into neonatal settings.



12:00 to 12:45 Dr Emma Turner,

Principal Child and Adolescent Psychotherapist, Oliver Fisher Neonatal Unit, Medway NHS Foundation Trust.

‘There’s no such thing as an infant” (Winnicott, 1960) – containing intense emotion on a neonatal unit’

This paper will describe some of a Child Psychotherapist’s therapeutic work with parents and infants, as well as the opportunity to think together with staff on a neonatal intensive care unit to help reduce the impact of stress and trauma. Through composite case studies and research, Emma will explore the impact of the neonatal journey on the babies, their parents and those working closely with the families, focusing on the interplay between each of these whilst taking into consideration organisational defences. The paper concludes by reflecting what is helpful for professionals to hold in mind – not only during the neonatal stay, but also when families transition back to life at home.

12:45 to 1:30 - Lunch (45 minutes)



BOOK YOUR PLACE HERE

**JOIN
AIMH UK**

PROGRAMME OF THE DAY

TINY SENSES, BIG IMPACT



1.30 - 2.30 - Emily Hills and Lindsay Hardy,
Occupational Therapists, Co-authors and Co-founders, Sensory Beginnings.

The Power of 8!

'Supporting development, regulation, and early relationships through a sensory-informed approach. Because every brain needs nurturing sensory connections'.

From the rhythmic sounds and movements of life in utero to the sights, smells, and touch of postnatal experience, sensory input forms the foundation of early brain development. These sensory experiences shape neural architecture, support emotional regulation, and foster secure attachment and learning.

While sensory processing typically occurs automatically—helping babies feel safe and ready to explore—for some infants, early sensory experiences may be missing, overwhelming, or out of sync. These disruptions can influence regulation, relationships, and developmental outcomes.

By understanding sensory processing, caregivers and professionals gain powerful tools to support infants and families in a more attuned, responsive, and developmentally meaningful way.

This session introduces the concept of sensory-informed care for those working in infant mental health, maternity, neonatal, and early childhood services. It will highlight how understanding sensory processing enhances support for neurodevelopment and empowers caregivers to nurture connection, co-regulation, and growth.

Over a 60-minute session, participants will:

- Explore the developmental journey of the 8 sensory systems across the first 1,000 days
- Understand how genes and early sensory environments interact to influence epigenetic expression and brain architecture
- Examine how sensations support safety, homeostasis, and regulation
- Learn why the most powerful sensory experiences are those co-created through parent-infant interaction

Discussion:

Becoming sensory-aware can transform the way we care for babies and families. This session outlines each of the eight sensory systems, their roles in regulation and relationships, and the practical implications for care across antenatal, perinatal, neonatal, and early years settings.

Participants will leave with a stronger understanding of sensory-informed care and actionable insights they can apply immediately to support connection, calm, and optimal development.



BOOK YOUR PLACE HERE

JOIN
AIMH UK



PROGRAMME OF THE DAY

TINY SENSES, BIG IMPACT



2:30 - 3:30 - Roelien Funchal,

MSc Sensory Integration, Course Director BSc Occupational Therapy, University of East Anglia

'Tiny Tweaks for Co-Regulation: Meeting Parents and Babies Where They Are'

This session explores how to turn sensory and relational insights into realistic, sustainable support for families, even when parents and babies have very different sensory needs. We will consider how parental stress, neurodivergence, or sensory processing differences can affect a caregiver's ability to respond, and how professionals can compassionately scaffold parental capacity before expecting them to implement strategies.

Building on a brief conceptual overview, Roelien will introduce a practical toolkit to recognise when sensory processing differences — in either baby or parent — are undermining connection. She will share a compassionate “tiny tweaks” approach to embedding regulation-supporting activities into everyday routines such as feeding, sleeping, bathing, and play, helping parents support their babies without added pressure.

We will also connect these early co-regulatory experiences to the bigger developmental picture, showing how they form the foundation for later self-regulation, secure attachment, and social engagement.

Key Takeaways:

- **Recognise sensory mismatch:** Spot when parent and baby sensory patterns clash and undermine connection.
- **Support the supporter:** Scaffold parental capacity when stress, neurodivergence, or overwhelm get in the way.
- **Start small:** Embed regulation-supporting “tiny tweaks” into feeding, sleeping, bathing, and play without adding pressure.

3:30 - Conference Close



**REGISTER NOW
FOR THE
MEMBER EARLY
BIRD TICKETS £35**



**JOIN
AIMH UK**



SPEAKER BIOS



ÉADAOIN BHREATHNACH

*Clinical Director of the Sensory Attachment Centre,
Consultant Occupational Therapist & Attachment
Counsellor*

Éadaoin Bhreathnach is the Clinical Director of the Sensory Attachment Centre at Ash Cottage in Co Down, Northern Ireland. Éadaoin is a Consultant Occupational Therapist & Attachment Counsellor. She worked for fifteen years in the National Health Service as a clinical practitioner and in senior management. During that period she founded the Irish Sensory Integration Association and later collaborated with colleagues in England and Scotland to establish the Sensory Integration Network UK and Ireland.

Éadaoin Bhreathnach's approach is grounded in the understanding that early relationships and regulation are shaped not only by emotional attunement but also by the sensory experiences that underpin them. Her Sensory Attachment Intervention (SAI) model integrates principles from sensory integration, attachment theory, and trauma-informed care to support co-regulation between parents, babies and children.

SAI recognises that both babies and caregivers have unique sensory processing profiles, which can influence their ability to connect, regulate, and feel safe within relationships. By assessing and working with these sensory patterns, SAI helps professionals and caregivers identify and reduce sensory triggers, enhance felt safety, and co-create soothing experiences that build trust, connection, and emotional resilience.

Éadaoin's work is especially powerful in contexts where early trauma, stress, or neurodivergence may disrupt the natural rhythms of regulation and attachment.



DR EMMA TURNER

*Principal Child and Adolescent Psychotherapist, Oliver
Fisher Neonatal Unit, Medway NHS Foundation Trust.*

Dr Emma Turner is a specialist psychoanalytic child and adolescent psychotherapist trained to work relationally with infants, children, young people in addition to parents and carers. She qualified via the doctoral clinical training at the Tavistock clinic in 2011.

Emma has extensive experience of working with infants, children, young people and families in a variety of contexts, including providing psychotherapy to children who are looked after/adopted and more recently parent infant psychotherapy within a perinatal mental health team. Emma also has extensive experience working in child and adolescent mental health services and within senior roles within the NHS and overseas, and was Psychotherapy Lead for a District Health Board in Auckland, New Zealand.

Emma has experience working in a range of settings such as a mother and baby psychiatric unit, a parent infant mental health service and special care baby unit. Currently Emma is providing parent infant psychotherapy and staff support on a neonatal intensive care unit.

Previously Emma held a visiting lecturer post both at the Anna Freud Centre and Roehampton University teaching Infant Observation at Masters level. She has completed training to code disrupted communication in parent infant dyads on the Ambiance Brief measure, an observational tool anchored in attachment research. She is qualified to provide Couple Therapy for Depression with a Perinatal Focus and recently trained in Compassion Focused Staff Support, specifically focusing on the neonatal context. Emma is a full member of the Association of Child Psychotherapy and is a Clinical Supervisor with expertise in parent infant relationships (NCSPiR, Tavistock Relations).



DR KERRY TAYLOR

*Principal Clinical Psychologist, Trevor Mann Baby
Unit, Brighton.*

Dr Kerry Taylor is Principal Clinical Psychologist at the Trevor Mann Baby Unit, Brighton. She founded BrightPIP (Brighton Parent Infant Psychological Therapy) and has worked with families for 25 years and is passionate about working right at the beginning to prevent mental health problems.

As a parent as well as a clinician Kerry strongly believes that young families need to be respected and cherished. Kerry is a Clinical Psychologist and experienced Clinical Director specialising in parent-infant mental health, parenting and parent-child attachment.

She holds additional qualifications as a Play Therapist, in Eye Movement De-sensitisation and Re-processing (EMDR), Video Interaction Guidance (VIG), as an Expert Witness in Family Law (Cardiff University Bond Solon) and most recently in Attachment and Biobehavioural Catch-up (ABC).



BOOK YOUR PLACE HERE

JOIN
AIMH UK



SPEAKER BIOS



ROELIEN FUNCHAL

MSc Sensory Integration, Course Director BSc Occupational Therapy, University of East Anglia

Roelien Funchal MSc SI, BSc (Hons) OT, BSc (Hons) Psychology, PG Cert Clinical Education, FHEA Roelien is a Course Director and Lecturer in Occupational Therapy at the University of East Anglia, where she leads the BSc Occupational Therapy programme.

She has over 20 years' experience in paediatric occupational therapy across NHS community services, acute care, special schools, and private practice, and higher education. She continues to work clinically as a consultant OT, supervising multi-disciplinary assessments and supporting families and schools.

An Advanced Practitioner in Sensory Integration, Roelien has a special interest in autism, AHDHD, developmental trauma and sensory processing and integration difficulties. She is currently completing a Professional Doctorate in Health and Social Care, exploring the impact of sensory integration difficulties on the daily lives of children with developmental trauma and their families.

Roelien is passionate about translating sensory integration theory into practical, accessible strategies that empower caregivers and professionals to support infants' regulation, connection, and development in everyday routines.



EMILY HILLS

Clinical Specialist Neonatal Occupational Therapist at Royal Free London NHS foundation Trust, Co-author and Co-founder, Sensory Beginnings

Emily Hills is a Clinical Specialist Neonatal Occupational Therapist at Royal Free London NHS foundation Trust.

Emily is a certified neonatal therapist (CNT). She has completed her MSc in Advanced Neonatal Studies at Southampton University.

Emily is NIDCAP certified and lectures on The Family and Infant Neurodevelopmental Education (FINE) programme in the UK.

Emily is a qualified lactation consultant. She has completed Neonatal Touch and massage certification (NTMC) and has completed the advanced course in The Prechtl General Movement Assessment.

She is a senior Brazelton trainer. Emily is co-author and co-founder of Sensory Beginnings Ltd and is an Advanced Practitioner in Sensory Integration (SI)



LYNDSAY HARDY

Paediatric Occupational Therapist, Co-author and Co-founder, Sensory Beginnings

Lindsay Hardy has worked as a paediatric occupational therapist for many years for the NHS and charities in the United Kingdom and abroad.

She has led teams of occupational therapists, physiotherapists and speech and language therapists and designed content and taught post-graduate courses for therapists and others in the field of paediatric occupational therapy, sensory integration, cerebral palsy, early intervention, developmental neurology.

She is an expert practitioner in Sensory Integration, has completed several advanced trainings including Bobath Course in Early Intervention, in Prechtl General Movement Assessment, and advanced training in Conductive Education and has completed Circle of Security Parenting training and level 1 VIG training.

Lindsay is co-author and co-founder of Sensory Beginnings Ltd and is an Advanced Practitioner in Sensory Integration (SI)



**REGISTER NOW
FOR THE
MEMBER EARLY
BIRD TICKETS £35**



**JOIN
AIMH UK**

SPECIAL TEAM OFFER! BRING YOUR WHOLE TEAM TO THE AIMH UK NATIONAL CONFERENCE 2025



COLLABORATION

- Perfect for multi-disciplinary teams
- Share insights across roles and services
- Start conversations that continue long after the event
- Excellent value CPD and team development



TICKET

- Just £35 per person for teams of 3 or more
- Includes full access to the live online event



DETAILS

- Wednesday 26 November 2025
9:30am - 3:30pm | Online
- <https://aimh.uk/events/>
- **Contact** info@aimh.uk to book your team place today and invest in joined-up practice that keeps babies at the heart



**AIMH UK
NATIONAL ONLINE
CONFERENCE
2025**

**TINY SENSES,
BIG IMPACT**



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 a variety of membership plans tailored to different needs:

- Full Membership – for professionals, with the option to pay by convenient monthly direct debit.
- Early Years Membership – designed for early years practitioners.
- Student Membership – available for those currently studying full-time.
- Team Membership – supporting organisations of all sizes.

JOIN US TODAY

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

Professional Resources

Access Best Practice factsheets, CPD Soundbites in IMH, 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

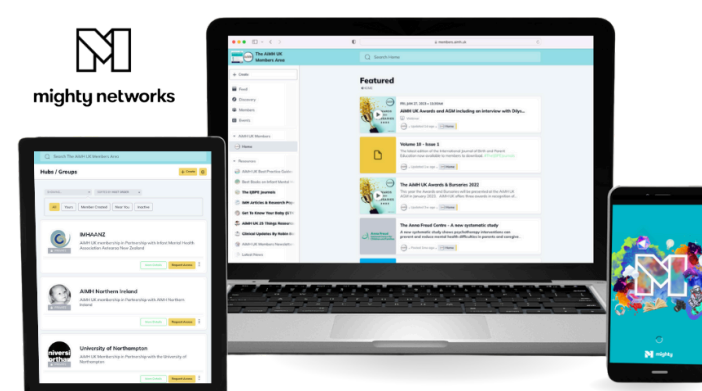
Build your IMH Portfolio, map your skills against the UK Infant Mental Health Competency Framework, and gain recognition on the Infant Mental Health Recognition Register (IMHRR).

Regular Updates

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

Exclusive Training Discount

Enjoy 30% off access to our online training course: Babies in Mind – Why the Parent's Mind Matters, developed in collaboration with Oxford University.



www.aimh.uk/membership



info@aimh.uk

Supporting your work in infant mental health



The Association
for Infant
Mental Health

TEAM
MEMBERSHIP

SAVE TOGETHER, GROW TOGETHER TEAM MEMBERSHIP WITH AiMH UK



GROUP DISCOUNTS

Groups of **five or more practitioners** can enjoy all the benefits of our Qualified Professional annual membership – at a **discounted price per person**.

Sign up together and you team will:

- Gain access to exclusive professional resources, research, and events on our members area
- Build skills and confidence with ongoing CPD learning opportunities and workshops.
- Connect with a supportive national network of Infant Mental Health practitioners.
- Make a greater impact on the wellbeing of babies, children, and families.

Memberships last for one year and must be taken out at the same time, **making it easy and affordable to grow your skills as a team.**



ORGANISATIONAL PARTNER DISCOUNTS

We can also offer **dedicated partner discounts which extends** membership benefits to staff across your service.

For more information or discussion around Team / Organisation Memberships opportunities, please contact: [Lin Carruthers](#)



www.aimh.uk/membership



info@aimh.uk

Supporting your work in infant mental health