

**AIMH UK
LUNCHTIME
SKILLS BOX
SESSION**



**REBECCA
CHILVERS,
AUTHOR OF
'NOT ALONE
IN NICU'**

THURSDAY 23RD APRIL • 1.00PM - 2.00PM • ONLINE EVENT
Supporting World Infant, Child & Adolescent Mental Health Day

**'NOT ALONE IN NICU: A COMPASSIONATE COMPANION FOR
PARENTS OF A BABY IN NEONATAL CARE'**

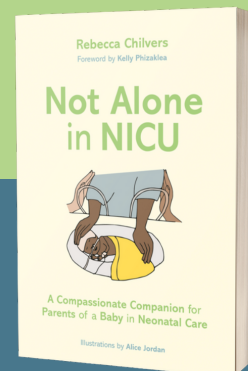
Join Rebecca Chilvers, Consultant Clinical Psychologist working in the NHS and in independent practice for a powerful Skills Box session exploring the impact of the neonatal environment on babies and families, approaches that empower parents, and ways to support early relationships under stress. Learn how to help families navigate the transition into parenthood in NICU and make sense of their experiences as their baby grows.

Skills Box Bonus: Get 20% Off Rebecca Chilvers' New Book!

BOOK TICKETS ON EVENTBRITE



AiMH UK Members: £10 | Non-Members: £17.50 | Discounted Team
Bookings available - contact info@aimh.uk (booking fees apply)



In this Skills Box session, Rebecca Chilvers will explore the emotional and developmental impact of the neonatal unit on babies and their families



Key takeaways for attendees:

- **Learn about the impact** of a neonatal unit environment on the baby and their family
- **Learn about existing models of care** designed to empower parents and how psychological professionals can enhance these and help the team to work in a psychologically informed way
- **Discover** ways to map the transition into parenthood with families & how to help them navigate these transitions and work with their values in the neonatal setting
- **Explore** the multiple barriers and facilitators of early relationships building in a context of prolonged and extreme threat and how to work with these
- **Telling the story**- how to help families and babies as they grow make sense of their experience



BIO:

Rebecca is a **Consultant Clinical Psychologist** working for the NHS and in independent practice. She has worked in **neonatal care** for over a decade with families and staff.

Prior to working in neonatal care, she worked in **neurodevelopmental services** and other child and family settings where she often saw the significant long- term impact of a neonatal admission. Rebecca is keen for psychology to be accessible to a wide audience and has worked with various organizations including the **BBC, Mumsnet and The Media Trust** to produce programmes, training videos and podcasts.

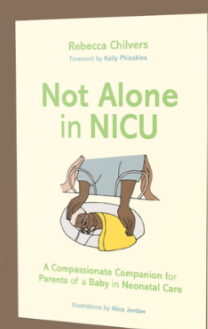
She is the **author of a brand-new book** to help parents manage the emotional impact of a neonatal admission 'Not alone in NICU: A Compassionate Companion for Parents of a baby in Neonatal Care' published by Jessica Kingsley and is involved in a range of new innovative projects and initiatives to enhance the wellbeing of frontline NHS staff.

How to look after your mental wellbeing and support your baby when they are in neonatal intensive care.

- Over 50 tailored written exercises
- Links to supporting audio files
- Parent stories
- Key information and guidance

'This is the book I wish I had when my baby was in NICU.'

– Dr Camilla Rosan



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The Association
for Infant
Mental Health

MEMBERSHIP



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

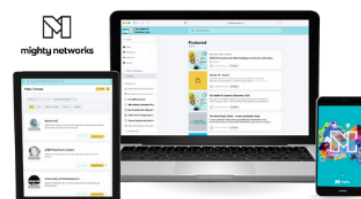
Build your IMH Portfolio, map your skills against the UK Infant Mental Health Competency Framework, and gain recognition on the Infant Mental Health Recognition Register (IMHRR).

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



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Supporting your work in infant mental health



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The Association
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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 your 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](mailto:Lin.Carruthers@aimh.uk)



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Supporting your work in infant mental health