



Infant Mental Health Awareness Week

The Art of Attunement - 'Helping Parents Tune in to their Baby'



Wednesday 10th June 2026 | ONLINE | 9:30 to 12:30

Advancing evidence-based practice in parent-infant attunement



We are delighted that **Hilary Kennedy** will be our keynote speaker, talking to us on 'How to Support Parent-Baby Attunement'.

Join us to hear speakers whose practice is embedded in supporting attuned parent-baby relationships. You will leave inspired and with practical ideas for:

- **Supporting parent baby attunement**
- **Strengthening parent baby connection in everyday moments**
- **Maintaining attuned relationships in a screen-saturated world**

Featuring expert speakers and a panel discussion, this event is ideal for **health visitors, midwives, early years practitioners, perinatal mental health professionals, occupational therapists, parent-infant psychotherapists, music therapists, art therapists and child psychotherapists.**

Members: £25, Non-Members £45, Team discounts available: contact info@aimh.uk



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#IMHAW2026



#IMHAW2026 - The Art of Attunement - Helping Parents Tune in to their Baby

Wednesday 10th June 2026 | ONLINE | 9:30 to 12:30

| Time | Session |
|---------------|--|
| 9:30 – 10:30 | KEYNOTE – Hilary Kennedy Joint Chief Exec AVIG UK <i>How to Support Parent Baby Attunement</i> |
| 10:30 – 11:00 | Andrea Katz Lead Parent Infant Psychotherapist, Brent PAIRS & Yuxing Min Assistant Parent Infant Psychotherapist Brent PAIRS <i>Finding Connection: Supporting Parent Baby Attunement in a Fragmented World</i> |
| 11:00 – 11:15 | Break |
| 11:15 – 12:00 | Anulike Ifezue Clinical lead trainer and specialist health visitor for perinatal and infant mental health in Manchester University NHS Foundation Trust <i>Getting to Know Your Baby: Supporting Parent-Baby Connection with the Brazelton Approach</i> |
| 12:00 – 12:30 | Viv Allen Founder & CEO DorPIP (Dorset Parent Infant Partnership) <i>Staying Attuned in a Screen-Filled World</i> Brief presentation followed by panel discussion, chaired by Orion Owen, Director of Education & CPD, AIMH UK |
| 12:30 | Conference Close |



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Programme - #IMHAW26 - Attunement

9:30 - 10:30 How to Support Parent-Baby Attunement with Hilary Kennedy

We are delighted that **Hilary** the **originator of the VIG (Video Interaction Guidance)** approach in the UK and joint CEO of AViG UK will be giving our keynote talk at the IMHAW Conference26.

Hilary will use video material of parent-baby interactions to explore with participants the essence of attuned parent-baby interactions. Key concepts of Love, Play and then Work will be explained and Hilary will demonstrate how these are central to the core principles of Video Interaction Guidance and baby-focussed interactions. Hilary will draw on 2024 Brain Research to explain why it is SO important for parents to attune to their babies.

Hilary will suggest ways you could support a parent to attune to their baby and show the way a VIG Practitioner can explore these ideas with a parent including an example of a VIG Shared Review.

Key Takeaways

- Understanding of what a parent attuning to their baby looks like
- The importance of encouraging Love before Play before Work
- The Principles of Attuned Interaction and Guidance
- Why Attunement is so important
- How you can promote attunement in your day-to-day work



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Programme - #IMHAW26 - Attunement

Wednesday 10th June 2026 | ONLINE | 9:30 to 12:30

10:30 - 11:00 Finding Connection: Supporting Parent Baby Attunement in a Fragmented World with Andrea Katz and Yuxing Min.

In a culture where attention is increasingly fragmented, this presentation explores the vital role of sustained emotional presence and connection in parent–baby relationships. Drawing on themes from therapeutic work with parents and infants experiencing relational disconnection, it considers how therapeutic attunement can create safety, bring babies’ emotional experiences into view and support parents to notice and respond to their babies. In doing so, it highlights how parents and their infants can find/reconnect with each other through therapeutic work.

The presentation reflects on what babies need in order to feel seen, held, and emotionally met, and introduces a simple, practical approach to supporting parent–baby attunement in early years and therapeutic work.

Key takeaways:

- How therapeutic attunement can create safety for difficult experiences to be shared and understood
- How careful and attuned observation can help bring babies’ emotional experiences into view
- A simple, practical approach to fostering parent–baby attunement in community settings and therapeutic practice

11:00 - 11:15 **BREAK**



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Programme - #IMHAW26 - Attunement

11:15 - 12:00 Getting to Know Your Baby: Supporting Parent-Baby Connection with the Brazelton Approach with Anulike Ifezue

Every baby is different!

The Brazelton Approach acknowledges the uniqueness of each baby and helps parents tune into the baby they have. Anulike will bring to life the practicalities of the Brazelton Approach and how it can be used to support parent-baby attunement. Participants will see how:

- Babies are active communicators from birth: Even newborns show preferences, signals, and ways of interacting. The Brazelton Approach helps parents recognize these cues and understand their baby's unique personality and needs.
- Connection grows through observation and responsiveness: By noticing a baby's states (sleeping, alert, overstimulated) and responding appropriately, parents build trust and strengthen early attachment.
- Every baby is different—and that's the starting point: The Brazelton approach emphasizes individuality, helping parents feel confident in adapting their caregiving rather than comparing to rigid norms.
- Supporting parents is key to supporting babies: When caregivers feel seen, reassured, and guided, they're better able to tune into their baby - laying the foundation for healthy emotional and developmental outcomes.

<https://www.brazelton.co.uk>



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Programme - #IMHAW26 - Attunement

12:00 - 12:30 Attunement in a Screen-Filled World with Viv Allen

Attunement is widely recognised as foundational to early development. But what does it take to sustain attuned relationships in a world where attention is increasingly divided? Situated within ongoing doctoral work, this contribution invites reflection on how attention and attunement are lived moment-to-moment within contemporary family life. It considers how babies, as active meaning-makers, rely on shared attention to explore and understand their world, and how parents navigate competing demands within digitally saturated environments.



Panel Discussion with Orion Owen

Rather than offering solutions or judging parenting practice, this panel discussion opens up a more nuanced question: what does “tuning in” look like in real life today - and what might it require from parents, practitioners, and the systems around them?



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Speakers - #IMHAW26 - Attunement



Hilary Kennedy Video Interaction Guidance: Developer, Supervisor and Lead Trainer Joint Chief Executive, Association of VIGuk (AVIGuk) Hilary Kennedy is a leading developer of Video Interaction Guidance (VIG) in the UK, an educational psychologist and an Honorary Research Associate at University College London. She leads VIG training in perinatal teams throughout the UK and internationally across Europe, Africa and Latin America. Currently, she is leading a mission to train 450 new practitioners to deliver VIG in the 1001 critical days across 75 local authorities through the Family Hubs – Best Start for Life Project funded by the Department of Health and Social Care.



Andrea Katz Andrea Katz is a UKCP registered adult psychotherapist and child psychotherapist. She has specialist training in parent infant psychotherapy. Andrea is a Lead Parent Infant Psychotherapist in the NHS, Clinical Advisor for Terapia's Child Psychotherapy Training and Clinical Director for the Association for Infant Mental Health. Andrea has been a child psychotherapy trainer and supervisor for over 25 years. Supporting attuned relationships is at the heart of her therapeutic practice.



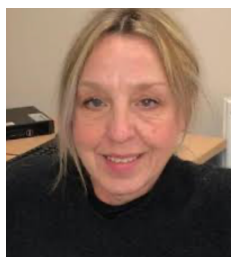
Yuxing Min Yuxing Min is an Assistant Parent-Infant Psychotherapist for the Brent parent-infant relationship service (PAIRS). She completed her Master's at UCL/Anna Freud in Early Child Development and Clinical Applications, where she further developed her passion for early years and parent-infant therapeutic work. Yuxing aspires to train in psychoanalytic psychotherapy with children and families and is committed to supporting therapeutic practice in culturally informed and sensitive ways.



Anulika Ifezue Anulika Ifezue is Perinatal and Infant Mental Health Lead within Manchester University NHS Foundation Trust and a Senior Trainer with the Brazelton Centre UK. She delivers NBO and NBAS training programmes, supporting practitioners to strengthen attuned parent-baby relationships and early intervention practice. Anulika is also founder of Nest Beginnings and a Senior Research Leader with the NIHR, championing culturally informed infant mental health practice.



Viv Allen Viv Allen is Founder and CEO of DorPIP (Dorset Parent Infant Partnership), a specialist parent-infant relationship service. She is currently undertaking doctoral research exploring attention and attunement in contemporary caregiving, and DorPIP is a recipient of the AIMH Together Award.



Orion Owen Orion Owen works as a Parent-Infant Mental Health Specialist and trainee psychotherapist in South Wales, with a background in midwifery and health visiting. Orion is dedicated to promoting excellence in multidisciplinary IMH practice and developed the Health Education and Improvement Wales e-learning modules for IMH and the parent-infant relationship. Orion is AIMH UK's Director of Education and CPD and is undertaking a research doctorate investigating maternal postnatal mood from a normative perspective.

