



## AIMH UK LUNCHTIME SKILLS BOX SESSION

**WITH GARETH WALL - THE MISSING PIECE IN THE PUZZLE:  
ENGAGING DADS IN INFANT MENTAL HEALTH**

**WEDNESDAY 1 JULY • 1.00PM - 2.00PM • **ONLINE EVENT****

This session will encourage practitioners to look again at how fathers are seen, spoken about and included within infant mental health work. It will offer a practical and reflective space to think about what helps dads engage, what gets in the way, and what small changes can make father inclusion feel more possible in everyday practice.



### **GARETH WALL**

Lead Parenting Officer for Torfaen, Wales | Author of 'Be A Super Dad: Reflective Advice for Fatherhood'

**BOOK TICKETS ON EVENTBRITE**



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

## The Missing Piece in the Puzzle: Engaging Dads in Infant Mental Health

This session invites practitioners to reflect on how fathers are recognised, spoken to, and included within infant mental health practice. Together, we will explore the barriers that can make engagement difficult, consider what supports meaningful involvement, and think about the small, practical changes that can help dads feel more welcomed, valued, and included in everyday work with babies and families.



### Key Takeaways

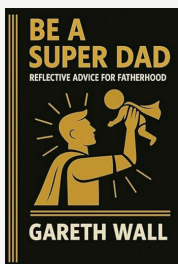
- A stronger understanding of why father inclusion matters for babies, mothers and whole families
- Greater confidence in recognising how language, bias and service culture can shape work with dads
- Practical ways to make contact, conversations and support more father-inclusive
- Simple reflection tools to help you notice blind spots and strengthen your practice



#### BIO:

**Gareth Wall** is **Lead Parenting Officer for Torfaen**, Wales with a particular focus on strengthening parenting support and promoting father-inclusive practice. He has extensive experience of working directly with fathers and families, including through the award-winning For Dads, By Dads programme, which has been evaluated by the University of South Wales.

**Gareth also founded Be A Super Dad**, is the **author of Be A Super Dad: Reflective Advice for Fatherhood** and brings a postgraduate background in Child and Youth Care to his work. He is passionate about helping services recognise dads as a vital part of early relationships and infant mental health.



**Gareth has kindly offered attendees a reduced rate to his book:** 'Be a Super Dad: Reflective advice for Fatherhood' on the day.

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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 / Workshops

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 Access

Enjoy free access\* to our online training course, **Babies in Mind – Why the Parent’s Mind Matters**, developed in collaboration with Oxford University.

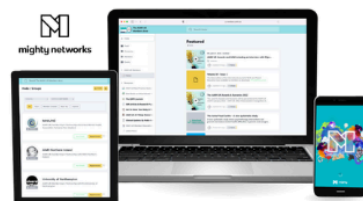


[www.aimh.uk/membership](http://www.aimh.uk/membership)



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