

Infant Mental Health Awareness Week: 13-19 June 2022

Roundup of events happening across Northern Ireland

The theme of [Infant Mental Health Awareness Week 2022](#) is **Understanding Early Trauma**. The experiences we have in the earliest years of our lives impact the development of our brains, therefore early trauma can have serious and lasting consequences.

This #IMHAW22, Trusts and organisations across NI are hosting events to share learning on how building secure parent/carer and infant relationships can reduce stress caused by trauma and limit the long term impact it has on the baby's development.

Click on the links below to register and find out more.



14 June 9.30-11am	Briefing on the Look, Say, Sing, Play (LSSP) Behavioural Change Campaign LSSP is focused on improving interactions between parents and their babies <i>NSPCC</i>	To book email: Ross.walmsley@nspcc.org.uk
14 June 10am-12noon	Introduction to Signs of Hope Promoting Infant Mental Health through the Theory and Science of HOPE <i>Western Health and Social Care Trust Best Start in Life Group</i>	Click here to register
14 June 3.00-4.00pm	The Importance of Relationship Led Support to Young Children Workshop with Dr Joshua Feder <i>Early Years – the organisation for young children</i>	Click here to register
15 June 9.30am-4.30pm	Contributing to Developing Happy, Healthy Children and Young People Positive universal promotion of good mental health and emotional wellbeing <i>Northern Area Outcomes Group, NHSC Infant Mental Health Strategic Group</i>	Click here to register
15 June 9.30-11.30am	Early Developmental Trauma and the Helping Professions: A workshop for professionals Open to practitioners in the Belfast locality only as places are limited <i>Wave Trauma Centre and Belfast Health and Social Care Trust</i>	Click here to register
15 June 12.00-1.00pm	ABC PiP Special Interest Infant Mental Health Group <i>South Eastern Health and Social Care Trust</i>	For info contact Janine.dougan@setrust.hscni.net
15 June morning	Castlewella Walkie Talkies: Play in the Park Session <i>South Eastern Health and Social Care Trust</i>	
16 June 6.00-7.30pm	Infant Mental Health and Understanding Early Trauma: A workshop for parents Open to parents in the Belfast locality only as places are limited <i>Wave Trauma Centre and Belfast Health and Social Care Trust</i>	Click here to register
17 June 9.30-1pm	Poverty and Infant Mental Health: Understanding the relationship, challenging the status quo <i>AIMH NI, Stronger From the Start Alliance and AIMH UK</i>	Click here to register
All week	A week long programme of outdoor activities and workshops that can be accessed in person or online, for parents, grandparents and carers. <i>Early Years -the organisation for young children, Splash Surestart</i>	Click here for more info
All week	A week long calendar of events for parents/carers, and for practitioners on the importance of the parent/infant relationship for baby brain development <i>Southern Health and Social Care Trust</i>	Click here or here for more info

Throughout the week, many organisations will be sharing information on social media – please keep an eye out and like/share to help spread the word! #IMHAW22