



INFANT MENTAL HEALTH EVERYBODIES BUSINESS

Infant Mental Health (IMH) is about the healthy social and emotional development of infants and toddlers. The quality of early relationships between babies and their caregivers is key to supporting positive IMH. Responsive caregiving during the critical first 3 years of life promotes optimum social and emotional development. These early relationship experiences also sets the stage for later development Supporting new parents as the transition to parent hood is key to empower them to be 'good enough parents' as the get to know their babies and gain confidence in this new relationship.



MAYO INFANT MENTAL HEALTH FORUM

Mayo IMH Forum began in 2018, initiated by Dr Jeananne Garavan, Senior Clinical Psychologist, Primary Care, Mayo. Current members consist of representative from Tusla, Public Health Nursing, Maternity services, Speech and Language, Psychology, Child and Adult Mental Health Services, Children's Disability Services, Community Medical Department, Centre of Nursing and Midwifery, Atlantic University Early Childhood Education and Care Programme and Child Health Programme Development Officer. The forum gathered momentum, and progressed to delivery of Infant Mental Health Master Class in September 2022.



Master Class 8th September 2022

LtoR: Mairead Carolan Facilitator IAIMH, Averyl Farrell Midwifery Nurse Tutor CNME, Catherine Maguire Facilitator IAIMH, Seamus Beirne General Manager Primary Care Services, Mary Skillington Early Childhood Education ATU and Chair of Mayo Early Years CYPSC, Dr Jeananne Garavan Senior Clinical Psychologist and Chair of Mayo IMH Forum and Libby Lambe Child Health Programme Development Officer Primary Care.





MAYO INFANT MENTAL HEALTH NETWORK

Following delivery of the IMH masterclass, twenty attendees committed to the formation of an IMH network. The masterclass gave attendees the baseline shared IMH language to further develop their learning and support bringing an IMH lens to their practice.



Attendees at Masterclass, learning how early experiences influence brain development, with the Brain Architecture Game.

LtoR: Louise O'Malley Assistant Director of Nursing and Midwifery, Jennifer Moynihan Antenatal Education Midwife, Áine McGrillen Perinatal Mental Health Midwife and Majella Thornton Senior Physiotherapist CDNT2.


The IMH network is co facilitated by Dr Jeananne Garavan, and Mary Skillington ATU Lecturer in Early Childhood Studies. To date we have worked through IMH curriculum learning, and reflected on these readings. The collective feedback from these meetings, is that members feel they have a safe space to reflect on some elements of our practice, and how we may change our interactions to bring more of an IMH lens to practice. The network continues to meet monthly at ATU. If interested in joining same please liaise with your line manager, and contact jeanne.garavan@hse.ie to express your interest. Hear some of the members speak to what being a member of Mayo IMH forum means to them, at the below link / QR code

[!\[\]\(6059a5aa8b4ca7bb793408023d6c6e42_img.jpg\) Mayo Infant Mental Health Network Promotional Video](#)

SCAN ME



REGIONAL INFANT MENTAL HEALTH FORUM

The Regional IMH forum was established in 2022, as a subgroup of our regional Child Health Governance Group. The purpose of this was to give IMH parity with other child health priorities. It has served as platform to build awareness and over time progress service development. We would be grateful if you could take 10 minutes to complete the staff awareness infant mental health survey <https://www.smartsurvey.co.uk/s/IMHStaffSurvey/> 

SCAN ME



Mayo Baby Week, Celebrating Infant Mental Health Awareness Week

12 - 18th June 2023

EARLY RELATIONSHIPS REALLY MATTER

Monday, 12th June - *Infant mental health is everybody's business*

Mary Skillington (ATU) in conversation with Dr Jeananne Garavan - 'Do Early Relationships Really Matter?'

Room P002 Atlantic Technological University (ATU), Castlebar, 1pm-2pm

Key message: Infant mental health is everybody's business. **No booking required. All welcome.**

Tuesday, 13th June - *Now we're talking!*

Drama & Rhythm Workshop for Parents and Babies (up to age 2)

Mayo County Library, Castlebar, 11am-12 noon (Followed by launch of Infant Mental Health books.)

Booking essential. To book, contact Mayo County Library on (094) 904 7940.

Gallery Tour for Parents and Babies | The Linenhall Arts Centre, Castlebar, 11am

A guided gallery tour designed for parents/guardians to explore exhibitions in a baby-friendly environment. For full details, see www.thelinenhall.com.

Advance booking recommended - contact The Linenhall on 094 902 3733.

Wednesday, 14th June - *Your face... their safe place*

Drama & Rhythm Workshop for Parents and Babies (up to age 2)

Ballina Arts Centre, 11am-12 noon & Ballinglen Arts Foundation & Museum, Ballycastle, 3pm-4pm

Booking essential. For booking details please visit bit.ly/3MPpWNY or use the QR code.

Summer Picnic for Early Childhood Educators

Outdoor Explorers Pre-school, Castlebar, 5.30pm-7.30pm

Note: A shuttle bus will operate from ATU. **Booking essential.**

For booking details please visit bit.ly/3MPpWNY or use the QR code.

Thursday, 15th June - *When a baby is born so too is a parent*

Art Experience & Lunch

Le Chéile Family Resource Centre, Castlebar, 11am-12 noon

Lunch is provided for families. **Booking essential.** For booking details please visit bit.ly/3MPpWNY or use the QR code below.

Drama & Rhythm Workshop for Parents and Babies

(up to age 2) | Ballyhaunis Community Hall, 11am - 12 noon

Booking essential. Please visit bit.ly/3MPpWNY or use the QR code.

New 'Buggy Buddies' group

Ballinrobe Family Resource Centre, 11am

Gift pack for participants. **No booking required.**

OTHER ACTIVITIES DURING THE WEEK:

Weaning Workshop

in Mayo County Library, Castlebar. Monday, June 12th, 10.30am - 12 noon.

Hosted by the Community Dietician.

To book your place, email: edonoghue@mayococo.ie

Infant Mental Health promotional stand in

Mayo University Hospital

Baby Packs - a pack for every baby born in Mayo during the week!

ALL EVENTS DURING MAYO BABY WEEK ARE FREE OF CHARGE



For full details of all events, visit CYPSC's Mayo Baby Week web page using the QR code or go directly to:

bit.ly/3MPpWNY

#MayoBabyWeek
#infantmentalhealth



SERVICE INITIATIVES

Preparing for & coping with new Parenthood



Community Talks
Contact: 094 9049269


Preparing for Life
 HOME VISITING
 A Home Visiting Programme for Families Expecting a New Baby

Preparing for Life
Mayo: teresa.quinn2@tusla.ie
Galway: maeve.gately@youthworkgalway.ie


Visit:
<https://www.westbewell.ie/>
for Post Birth Well-being Plan

NEW MUMS WELLBEING HUB
<https://www.uhgmaternity.com/>

Well-being morning for expectant mothers'
7th June, Merlin Perk,
maria.dillon3@hse.ie



Contact Facilitators Dr Jeananne Garavan, Senior Clinical Psychologist: 094 9049143 & Áine McGrillen, Perinatal Midwife: 087 0611855


Circle of Security
 Attachment Based Parenting Programme, delivered by Childrens services across Mayo

IMH RESOURCES

The 18th World Association of IIMH Congress will be held in Dublin between the 15th - 19th July 2023.

<http://galwayparentnetwork.ie/building-a-happy-baby-posters/>

SCAN ME



Videos on My child website & HSE YouTube

<https://www.youtube.com/watch?v=pqTxRhiBZWw>

SCAN ME



National Healthy Childhood Programme, Infant Mental Health, suite of three eLearning units are available on **HSEland** for healthcare practitioners / caregivers who are working with children and families.



hseland.ie

 PERINATAL VIDEO SERIES ...

 Watch on  YouTube before and will continue to feel long after
 (credit: 19 perinatal)

My child Posters available to order from

www.healthpromotion.ie


 Every pregnancy has its ups and downs
 The My Pregnancy book will guide you through every step
 mychild.ie
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