



## Infant Mental Health Awareness Week 10th - 16th June 2024

In celebration of Infant Mental Health Awareness Week 10th – 16th June 2024, Mayo Infant Mental Health Forum bring you the 2nd edition of our newsletter. The forum continues to flourish, under the new Chair of Libby Lambe Child, Health Programme Development Officer, Community Healthcare West. For further information relating to the forum please contact: Libby at [elizabeth.lambe@hse.ie](mailto:elizabeth.lambe@hse.ie).

## Infant Mental Health Event 27th February 2024, Atlantic Technological University, Mayo Campus

This event saw a gathering of 145 health professionals. Attendees ranged from clinicians, managers and providers of services to parents and children in the 0-3 years cohort, from HSE, Tusla and Mayo University Hospital all of whom were curious to hear more about Infant Mental Health, the social and emotional development of our infants within the context of the parent infant relationship. Mayo Infant Mental Health Forum (IMHF) coordinated the event with Early and Active Years subgroup of Mayo Children's and Young People's Services Committee.

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*Infant Mental Health Event Forum representatives*



*Infant Mental Health Event video*

## Infant Mental Health Staff Survey 2023 - Results

In celebration of IMH awareness week last year, the IMH regional working group launched a staff survey to gauge staff's awareness and understanding of IMH. Staff from across the CHO2 region from Tusla and HSE services engaged with the survey. Here are some of the key findings with a full report to follow.

### What do the Results Tell Us:

350 staff members took part in the survey from Galway, Mayo & Roscommon.

30% of staff have not heard of the term "Infant Mental Health"



51% rated their understanding of Infant Mental Health as "Fair" or "Poor"

Yet,



73% consider Infant Mental Health to be either "Relevant" or "Very Relevant" to their working role

Approx. 9 out of 10 rated the Parent-Infant Relationship as "Very Important" for child wellbeing & outcomes



but,

1 in 3 do not feel fully confident working with the Parent-Infant Relationship



81% feel they don't have sufficient Infant Mental Health Training/Education



69% rated "Lack of Access to IMH Education & Training" as a Barrier to Incorporating IMH into Practice

### Recommendations:

#### 1. Universal Progressive Parent Support

Staff expressed a need for more universal and progressively universal perinatal supports with an identified gap in specialist psychotherapeutic services to support the early attachment relationship.

#### 2. Investment in Attachment-Based Interventions

Staff emphasised the importance of a infant's social and emotional development. Attachment-based interventions focus on the development of the parent-infant relationship and has been shown to provide robust long term positive outcomes.

#### 3. Infant Mental Health Staff Training

Staff reported the need to receive further IMH training. This would allow staff to pro-actively facilitate the development of the parent-infant relationship and serve to build staff confidence in working with this caregiving relationship



## Circle of Security Programme (COS-P)

Circle of Security Programme (COS-P) is an eight week structured parenting programme.

The aim of the programme is to strengthen and improve the parent/carer, child attachment using a safe, reflective space for participants. In Mayo HSE Primary Care Psychology, Children's Disability Teams, Child and Adult Mental Health services, and Tusla services currently deliver COS.

For more information click here

[Circle of Security Animation](#) or scan QR code

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## Preparing for Life Programme (PFL)

Mayo Tusla family support services are currently piloting a home visiting programme Preparing for Life Programme (PFL). It begins during pregnancy and continues up until the child starts school. It has a very unique offering, in terms of really meeting parents where they are at. The longevity of the programme, and the fact that it commences in the antenatal stage allows for trusting, supporting relationships to develop between the family and the PFL trained support worker over time. The programme places a focus on the parent – infant relationship, and the support workers role in empowering the family unit as a whole. PFL has been extensively evaluated. Click here [for further evaluation information](#). See testimonials from a parents who are currently availing of the Mayo PFL pilot. Contact [teresa.quinn2@tusla.ie](mailto:teresa.quinn2@tusla.ie) for further information relating to the PFL pilot in Mayo.

## Infant Mental Health Network

The Infant Mental Health Network was established in 2019, and is co facilitated by Dr Jeananne Garavan Senior Clinical Psychologist, Primary Care Services, Mayo, and Mary Skillington Atlantic Technological University (ATU) lecturer in Early Childhood Education and Care. The group meets on the 1st Tuesday of every month, at ATU Castlebar Campus. The purpose of the network is to provide a forum for peer support, learning, discussion & reflection on IMH practise. For further information relating to the network contact [jeanne.garvan@hse.ie](mailto:jeanne.garvan@hse.ie). See the testimonials of three of its members, on what the forum means to them and their practice. (Carol, Sinead and Ailish)

*"The greatest benefit of the Infant Mental Health Network is the time we dedicate to understanding and embedding the key messages and most important way of being with our mothers, fathers and babies. Time is one of our most precious commodities and really needs to be protected. Infant mental health spans a lifetime - so giving it the time it deserves is a huge achievement for Mayo. You matter – and we will listen. , Wholly being with someone and hearing what it is they need us to hear – is the best way we can intervene effectively and bring forth a culture where infant mental health is everyone's business".*

**Carol Duffy**  
Child and Adolescent  
Psychotherapist and  
Senior Play  
Therapist, Tusla.

*"Being part of and, attending the IMH network has really changed and enhanced my practice when working with parents and their new babies. I always make time to discuss the importance of fostering a strong bond and connection with their baby and how this will have such a positive impact on their baby's confidence and mental health as they grow." Ailish Barrett PHN*  
Who did you say to forward it to?

*"I think what I have learned through the IMH Network is really the relationship and the "Being with" Mum / Caregiver is the essential bit of my work, not so much the doing with. That if I can model (I hope 😊) being calm amidst the storm and regulating myself, to "be with" the parent in whatever they are facing and be that "secure hands" for them that they can in turn do this for their children / babies or indeed themselves. It has really allowed me to relax into that role, which always felt natural to me. The guilt that I should be doing something more "useful" is now gone, that is the gift of being part of the IMH Network".*  
Sinead Lacey. Social Care Leader with the Zero2Six Family Support Team".

**Sinead Lacey**  
Social Care Leader with  
the Zero2Six Family  
Support Team,  
Tusla

**Ailish Barrett**  
Public Health Nurse,  
HSE

## Testimonials from parents who availed of this programme in Mayo

*"I believe every parent should have access to a course like this"*

*"It was so nice to know other parents struggles and I wasn't alone"*

*"My mind has opened to see from my child's perspective... it's not just the behaviour but what's behind the behaviour"*

## Testimonials from parents

*"I was worried when I heard the programme was for five year's but I am actually glad I signed up for it now, I am enjoying the visits and have learned somethings I didn't know before"*

*"I am happy I decided to take part in this parenting programme. I have learned loads, never felt judged and I am always listened to"*

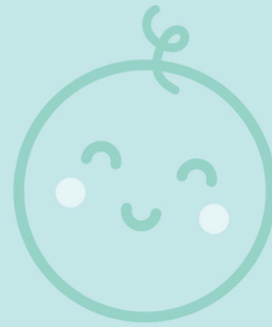
*"I'm glad if you come to visit me, I'm learning a lot about how to live with a child, speaking English was difficult for me, but now I can speak"*



# Mayo Baby Week

## 10-14th June 2024

Celebrating Infant Mental Health Awareness Week



EARLY RELATIONSHIPS REALLY MATTER

### FLUTTER-BY: A MULTI-SENSORY ARTS EXPERIENCE FOR PARENTS AND BABIES

- **Monday, 10th June:** Aras Inis Gluaire, **BELMULLET**, 12.30pm – 1pm
- **Monday, 10th June:** Westport Town Hall, **WESTPORT**, 3.30pm – 4pm
- **Tuesday, 11th June:** Swinford Cultural Centre, **SWINFORD**, 11am – 11.30am
- **Tuesday, 11th June:** Mayo County Library, **CASTLEBAR**, 3pm – 3.30am

FLUTTER-BY is an interactive performance inspired by the sounds of nature. This sensory adventure will transport you deep into the woodland, from dawn to dusk, where you'll discover all kinds of creatures through the wonder of sound, movement, imagery and touch.

### TEDDY BEARS' PICNIC

- **Monday, 10th June:** The Mall, **CASTLEBAR**, 10am – 12 noon
- Castlebar Buggie Buddies Group, with Le Chéile FRC, Castlebar, are organising a Teddy Bears' Picnic on The Mall!

### ART CRAWL

- **Tuesday, 11th June:** Ballina Arts Centre, **BALLINA**, 11am – 11.45am

Art Crawl – where babies (and their parents too!) are encouraged to crawl amongst the artwork in Ballina Art Centre exhibition space. Then, in the workshop space which will be lined with butchers' paper, the little ones will be set free (with paints) to create a response, inspired by classical music. The pieces created will be put on display – an art exhibition of the babies' work!

### DR. JEANANNE GARAVAN – PREPARING FOR AND COPING WITH NEW PARENTHOOD

- **Friday, 14th June:** Mayo County Library, **CASTLEBAR**, 1pm
- Having a baby can be a very happy time but it can also feel daunting and extremely overwhelming. This talk will focus on getting to know your baby, how relationships with our baby builds their brains and the importance as a parent of being good enough!

### Infant Mental Health Promotional Stand

- **Monday-Thursday:** In the foyer of Mayo University Hospital, **CASTLEBAR**, 9am-3pm

Hosted by Mayo Infant Mental Health Forum. The stand will be open to hospital visitors and staff. It aims to raise awareness of what we mean by Infant Mental Health, and to let people know what they can do in their own community to enhance and strengthen the emotional and social development of babies and young children. As well as loads of information and resources, there will be a competition to enter, with some lovely prizes.

ALL EVENTS  
DURING  
MAYO BABY  
WEEK ARE  
FREE OF  
CHARGE



FOR FURTHER INFORMATION ON THE  
**FULL PROGRAMME OF EVENTS**  
that are part of Mayo Baby Week 2024, or to book a place  
to attend, please scan the QR code or visit our web page:  
<https://bit.ly/3K7ixa6>

#MayoBabyWeek  
#infantmentalhealth

in Partnership With:

 Mayo Infant  
Mental Health  
Forum

 **CYPSC**  
CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEES  
Mayo

 **HSE**  
Cúram Stáinte  
Phobail, Iarthar  
ag freastail ar Chailíní,  
Mághaigh agus Rioscommon  
Community  
Healthcare West  
serving Galway, Mayo  
and Roscommon

 **Saolta**  
Saolta.ie  
Digital Health Care  
University Health Care Group  
 **Atlantic  
Technological  
University**

 **TUSLA**  
An Ghníomhaireacht um  
Leanaí agus an Toghchlaíocht  
Child and Family Agency  
 **MAYO**  
Child and Family  
Support Network  
INFORMATION POINT

 **hi** | Healthy  
Ireland | **Mayo**

**Sláintecare.**

 **MAYO COUNTY COUNCIL**  
 **MAYO.IE**

 **MAYO COUNTY  
LIBRARY**  
 **MAYO**  
County Childcare Committee  
Cúirteir Cháilíní Leanaí  
Chomhairle Mhagh Eo

 **Le Chéile**  
Community & Family  
Resource Centre  


 **Jacu**  
Family Resource Centre  


 **ARDARA**  
Family Resource Centre  


 **BALLINA**  
FAMILY RESOURCE CENTRE  
Connecting the Community  
 **Mayo Sports Partnership**  


 **Ballina  
Arts CENTRE**  
 **The Linenhall  
arts centre**



## IMH Services and Resources

### Preparing for & coping with new Parenthood



Community Talks  
Contact: **094 9049269**



Mental Wellbeing in  
Pregnancy & Early Days  
of Parenthood online  
class: Contact  
[aine.mcgrillen@hse.ie](mailto:aine.mcgrillen@hse.ie)



### Building Baby from Head to Toe

It is an introductory workshop for  
parents and caregivers from  
pregnancy to 2 years old on the  
topic of Infant Mental Health  
For more information  
contact: [mayofamilysupport@tusla.ie](mailto:mayofamilysupport@tusla.ie)



Preparing for Life Mayo:  
[teresa.quinn2@tusla.ie](mailto:teresa.quinn2@tusla.ie)  
Galway:  
[maeve.gately@youthworkgalway.ie](mailto:maeve.gately@youthworkgalway.ie)



The Motherhood  
Programme resources and  
information  
<https://www.themotherhoodprogramme.ie/>

Infant Mental Health  
recommended reads for new  
parents available in local Mayo  
libraries:

[https://www.mayo.ie/en-  
ie/library/news/infant-mental-  
health-recommended-reads](https://www.mayo.ie/en-ie/library/news/infant-mental-health-recommended-reads)

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Parenting 24/7, 0-5 years,  
resources on Tusla website:

[https://www.tusla.ie/parenting-24-  
seven/0-5years/the-parent-child-  
relationship-is-key/](https://www.tusla.ie/parenting-24-seven/0-5years/the-parent-child-relationship-is-key/)

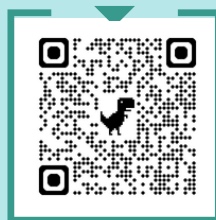
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Infant Mental Health world  
Association website

[https://www.org/page/wa  
imh2024](https://www.org/page/wa-imh2024)

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Videos on My child website &  
HSE YouTube

[https://www.youtube.com  
/watch?v=pqTxRhBZWw](https://www.youtube.com/watch?v=pqTxRhBZWw)

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[http://galwayparent  
network.ie/buildin-a-  
happy-baby-posters/](http://galwayparentnetwork.ie/buildin-a-happy-baby-posters/)



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.



[hse.land.ie](http://hse.land.ie)

Post Birth Well-being  
Booklet  
Visit:

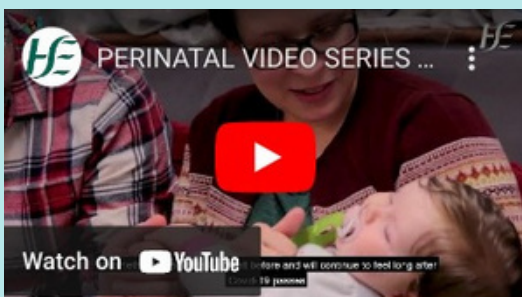
[https://www.westbewell  
.ie/service-  
resources/parenting-  
family-support-  
resources/](https://www.westbewell.ie/service-resources/parenting-family-support-resources/)

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Mayo Infant Mental  
Health Network  
Promotional Video

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Mayo Infant Mental Health  
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