



Little Minds Matter
Bradford Infant Mental Health service

LITTLE MINDS MATTER

Bradford Infant Mental Health Service

A practical interactive training day based in evidence that takes you on a journey....



Key Messages:

1. Babies can't wait
2. Babies are ready to relate
3. Parent-infant relationship matters
4. The support network matters

Infant Mental Health Awareness Training

The **one-day training** delivered by highly specialist staff is designed to provide up-to-date information on infant **neurodevelopment**, **attachment theory** and promoting **responsiveness** and **sensitivity in parents**. It aims to support practitioners in their work with families, giving babies the best possible start in life.

The format of the training provides both a theoretical knowledge base and space for managers and practitioners to apply this in practice. This can lead to increased confidence in work around the parent-infant relationship, creating small changes within practice. These small changes can make a big difference. The 1001 critical days highlights the importance of acting early to enhance the outcomes for babies, so that support with first relationships can prevent later problems in life.

Post training support: The **one-day training** is followed by a **half day** top up session within six months alongside ongoing regular support using multi agency case consultation, reflective practice, support and advice.

How to book: To request a place on the training or a list of future training dates please email us on: littlemindsmatter@bdct.nhs.uk.

Please note: *Currently our training will only be delivered to the professionals working in the Better Start Bradford area (Bowling & Barkerend, Bradford Moor and Little Horton).*
