

# Developing Good Mental Health in babies and Young Children Workshop

## Course Description

### Developing Good Mental Health in babies and Young Children (0-5 years)

#### Brief workshop overview

Babies and young children have mental health too! This workshop will allow you to discover how you can encourage healthy brain development, through everyday interactions and experiences and how you can promote good mental health in the important early years.

Discover what early years mental health is and how as parents/carers you can support good mental health. Consider the relationships your baby/child has and the importance of these in supporting mental health. Learn basic brain development and ways in which you can help your baby/child to develop a healthy brain. Consider how your baby/child needs you to co-regulate in order for them to learn how to self-regulate in the future.

#### Delivery method

Face to face class. You will be expected to complete an evaluation form.

#### Suitable for

Parents and Carers of children under 5 years. Any professionals wanting to have an introduction to early years mental health.

#### Progression route

- Solihull (In Our Place via NL Family)
- Introduction to Working in Early Years (AECL)
- Baby Massage, Yoga, Sign or Wiggle and Giggle Baby Play (NL Family)
- Toddler Time (NL Family)
- Level 1 Stress Awareness Course (AECL)
- Building Resilience and a Positive Mindset (AECL)

If you require more information about this course, please use this link:-

[Course Information Enquiry](#) to enquire from our website or telephone our Customer Service Team on 01724 297146.

#### Entry requirements

You must be aged 19+ on 31 August 2023 to join this course.

You must complete an online induction, which includes online safety, before you begin a course with us.

#### Why you should study with us

[Click here to see our FAQ page](#)

DISCLAIMER: You must be 19+ on 31 August 2023 and a UK resident for at least 3 years. When applying for this course, you must provide evidence to confirm eligibility for funding, which includes proof of ID and full address.