

Infant Mental Health Awareness Week

9th-15th June 2025

PARENTS

#IMHAW2025

Content highlighting the work of some of our key services in the Southern Trust will be across our Social Media channels and platforms throughout the week.

Useful Links

[BBC Tiny Happy People](#)

Provides information on the science behind your child's development, parenting topics, activities for children and young people

Parenting Programme Support Page

[Parent Support – Children and Young People's Strategic Partnership \(CYPSP\) \(hscni.net\)](#)

Information on the range of evidence based parenting programmes available from Sept-June for parents/carers of children and young people (pre birth-18 years) resident in the Southern Trust Area.

Solihull In Our Place

Free online courses for parents, carers, grandparents and teens for anyone resident in Northern Ireland.

[Online courses for emotional health and wellbeing](#)