Infant Mental Health Awareness Week 13th - 19th June 2022 Parent/Carer Workshops

Workshop Title	Workshop Detail	Date, time and location of workshop	Responses to/by	Facilitated by including work title	Target audience
Early Childhood Trauma Workshop for Southern Trust Foster/Adoptive Carers	How nurturing, safe and predictable Parent/Carer relationships with infants, can protect and buffer the potential negative impact of childhood trauma on all aspects of the child's development	Monday 13th June 10am-12 noon via zoom	Mona.hanna@southerntrust.hscni.net by Tuesday 7th June with Name, Address, Contact Telephone Number and service registered as foster/adoptive carer with (i.e. Southern Trust or Voluntary Sector Organisation)	Mona Hanna Specialist Health Visitor for Parenting Southern Trust	Foster and Adoptive Parents resident in the Southern Trust Area
Workshop on Brain Development	How the baby's brain develops in the context of a relationship with parent/carer Early Social and Emotional Development/Language Skills/Turn Taking/Tantrums/ Separation anxiety/Building Early Resilience	Monday 13th 2-4pm via zoom	Mona.hanna@southerntrust.hscni.net by Tuesday 7th June with Name, Address, Contact Telephone Number	Mona Hanna Specialist Health Visitor for Parenting Southern Trust	Parents and carers resident the Southern Trust Area
Busy Buggies	Parents/Carers with children from birth to 1 years old – bring the buggy and you and your little ones can meet new	Monday, 13th June 11am-12pm	To book a place please call Splash Surestart Office on 028 38 313360, email info@splashsurestart.org or via Splash Surestart Facebook.	Emir Holland Splash Surestart	Parents and carers of babies and toddlers resident in the Southern Trust Area.

	friends or catch with old ones on this day. Join us for a chat, fitness and fresh air with a walk around Lurgan Park. The walk will be tailored to meet the needs of the group	Lurgan Park			If other parents/carers outside the Southern areas will be supported to attend event if requested.
Baby Massage Taster Session	Baby massage is a lovely opportunity for parents/carers to learn a new skill which helps promote bonding and wellness for both the parents/carers and their baby. Massaging your baby provides a chance to express your love whilst meeting the need for touch and affection that is so essential for the healthy development of babies.	Mon 13th June 6.30pm-7.30pm Via zoom	To book a place please call Splash Surestart Office on 028 38 313360, email info@splashsurestart.org or via Splash Surestart Facebook.	Roisin Rogers Splash Surestart	Parents and carers of babies and toddlers resident in the Southern Trust Area

Aware NI: Mood matters; parent and baby workshop	This workshop has been developed for dads/grandads and their babies or young children. All attendees will participate in a range of enjoyable activities to develop their knowledge and skills in looking after their mental health and wellbeing.	Tuesday, June 14th 10.30am-12.30pm Splash Surestart Playroom or via zoom Wed 15th June 7.00-9.00pm Splash Surestart Legahory Playroom or via zoom	To book a place please call Splash Surestart Office on 028 38 313360, email info@splashsurestart.org or via Splash Surestart Facebook.	Aware NI Keith Cullen Splash Surestart	Fathers and Male Carers of babies and toddlers across Northern Ireland.
Parenting Support Opportunities in Southern Trust Area	Overview of key evidence based programmes available to parents/carers (pre-birth-3 years)	Tues 14th June 2-3pm via zoom	parenting.partnership@southerntrust.hscni.net by Tuesday 7th June 2022	Jessica Leyburn and Rosie Martin Parenting Partnership	Southern Trust Area Parents/Carers and Practitioners

Linking Bump, Baby and Me	This event will provide an opportunity for antenatal and postnatal parents to come together to hear top tips on how to promote and increase wellbeing during and after birth for both mum and baby. Topics covered will include: • Relaxation / Breathing techniques • Looking after your pelvic floor • Planning for play • Baby Massage • Supporting Baby Mental Health Play packs will be given on the day with a light lunch provided to all attendees.	Wed 15th June 2022 11am - 12.30pm The Links Lurgan	To book a place please call Splash Surestart Office on 028 38 313360, email info@splashsurestart.org or via Splash Surestart Facebook.	Emir Holland and Splash Surestart Gemma Winters Antenatal Education Coordinator Midwife Southern Trust	Antenatal Parents & Carers of babies and toddlers resident in the Southern Trust Area
Play for your baby's brain	Play is the most natural way for children to learn, grow, develop and make sense of the world and their place within it. Come along and experience some play activities and ideas	Thursday 16th June 11am-12pm via zoom	Joan.Noade@armaghbanbridgecraigavon.gov.uk by Thursday 9th June *with Name, Address, Contact Telephone Number*	Joan Noade Play Development Office ABC Council	Parents & Carers of babies and toddlers resident in the Southern Trust Area

Fishing Taster session for Father's & Grandfather's & children	This fun family event will provide an opportunity for dad's/grandad's to come together with their children/grandchildren for a relaxing, yet physical activity which will provide an opportunity to socialise and enjoy nature.	Thursday 15th June 2.00 -5.00pm South Lakes	To book a place please call Splash Surestart Office on 028 38 313360, email info@splashsurestart.org or via Splash Surestart Facebook.	Keith Cullen Splash Surestart Ulster Angling Federation /Polish Anglers Association	Fathers and Male Carers of babies and toddlers across Northern Ireland
Splash Fun & Facts	This session will introduce parents and children to the benefits of waterplay for infants and the early years.	Thursday 16th June 12.30 to 1.30 - split into 2 half hour sessions	If you live in the Southern trust and you are registered with any Surestart - call Splash Surestart Office on 028 38 313360, email info@splashsurestart.org or via Splash Surestart Facebook. If you are not registered with Surestart please book in through South Lake Leisure Centre by telephone 0330 056 4411 or their booking system	Kellie Trainor Splash Surestart South Lake Leisure Centre	Parents/ Carers and babies and toddlers resident in the Southern Trust Area
Baby Massage….'the gift that keeps on giving' **ArKe Sure Start**	An introduction to the benefits of infant/child massage to parent and child	Thursday 16th June 7:00 – 8:00pm	To book your place and receive log in details contact Rachel at Rachel.scroggie@southerntrust.hscni.net by Thursday 9th June	Rachel Scroggie Parenting Worker Mia Murray Project Manager	Parents and carers resident in the Southern Trust area
Connecting with baby in the womb	This workshop will focus on connecting with your baby in the womb. Baby's brain development begins in the womb. Early bonding has already begun before the baby is born	Thursday 16th June 6.30pm-8.30pm	All new expectant parents are encouraged to register your interest by Thursday 9th June to gemma.winter@southerntrust.hscni.net with your full name, DOB, and maternity number. Zoom link will follow	Gemma Winter Antenatal Education Coordinator Southern Trust	Expectant Parents Southern Trust Area