MHPN WEBINAR

Practice Skills to Promote Infant and Parent Mental Health in the First Twelve Months of Life

Continuing Professional Development Learning Record

Complete and save a copy of this form to create your own record of CPD you've undertaken or to further embed your learning. Please note, MHPN is unable to provide Statements of Attendance for viewing webinar recordings or listening to podcasts.

Your details

Your name:	
Date completed:	
Activity Name:	Practice Skills to Promote Infant and Parent Mental Health in the First Twelve Months of Life
Learning outcomes	• Discuss assessment strategies that are responsive to the family's psychosocial context and the developing parent-child relationship. • Outline how to engage reflectively with parents to notice, describe and respond to their infants and toddlers' communication cues, emotional experiences, and caregiving needs. • Discuss how integrating interdisciplinary perspectives within assessment practices can support the parent-child relationship.
Time spent engaged in the activity:	(including completing this form)

After watching or listening to the activity, consider the following:

1. What were three key messages that were covered in the activity?

2. Identify your learning goal and how the activity's content aligned with that goal.

3. What actions are you going to take to use the learnings to improve and/or change your practice? For example:
   - Explore the topic further in a supervision session or with a peer/colleague
   - Identify and read the latest research
   - Undertake additional courses, study or training
   - Search MHPN's webinar or podcast libraries for more PD content
   - Join an MHPN network to connect with other practitioners for networking, peer support or PD

4. Please note any other reflections on the topic or activity.

Mental Health Professionals' Network
ABN 67 131 543 229

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