MHPN WEBINAR

# Building Parents' Understanding of Play to Nurture Infant and Toddler Mental Health

## 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:** | Building Parents' Understanding of Play to Nurture Infant and Toddler Mental Health |
| **Learning outcomes** | • Explore the significance of play for infant and toddler mental health.<br>• Outline how play interventions can be applied across the infant mental health spectrum.<br>• Discuss parent and child vulnerabilities that impact on child's experience of play.<br>• Identify multidisciplinary perspectives for supporting parents to play with their children to nurture secure relationships, build infant and toddlers communication skills, and promote social and emotional development. |
| **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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