



Infant and Family Mental Health: Integrating Lived Experience Expertise into Your Practice

Recap and update to Mia, Alex and Ruby story.

In the first four months at home after discharge, Mia's weight gain is slow. Ruby feels strongly she wants to continue breast feeding. Ruby and Alex are both experiencing sleep deprivation and strong feelings of anxiety and stress. Alex's shiftwork compounds the family's challenge of trying to feel like they have a routine.

Mia is unsettled in the car, this coupled with concern about Mia's health means Ruby and Alex are cautious about having too many outings in the community.

When Mia is 6 months old, she is expressing more interest in the world around her and wants to explore. Alex and Ruby are starting to consider introducing solids into Mia's diet. At the same time Ruby finds out she is anaemic and low in vitamin B, this is making it challenging to have the energy keep up with Mia's growing desire to explore.