

Webinar 50

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

**7:15 pm to 8:30 pm AEST
Monday 15th June 2026**

**Emerging
Minds.**

**National Workforce
Centre for Child
Mental Health**

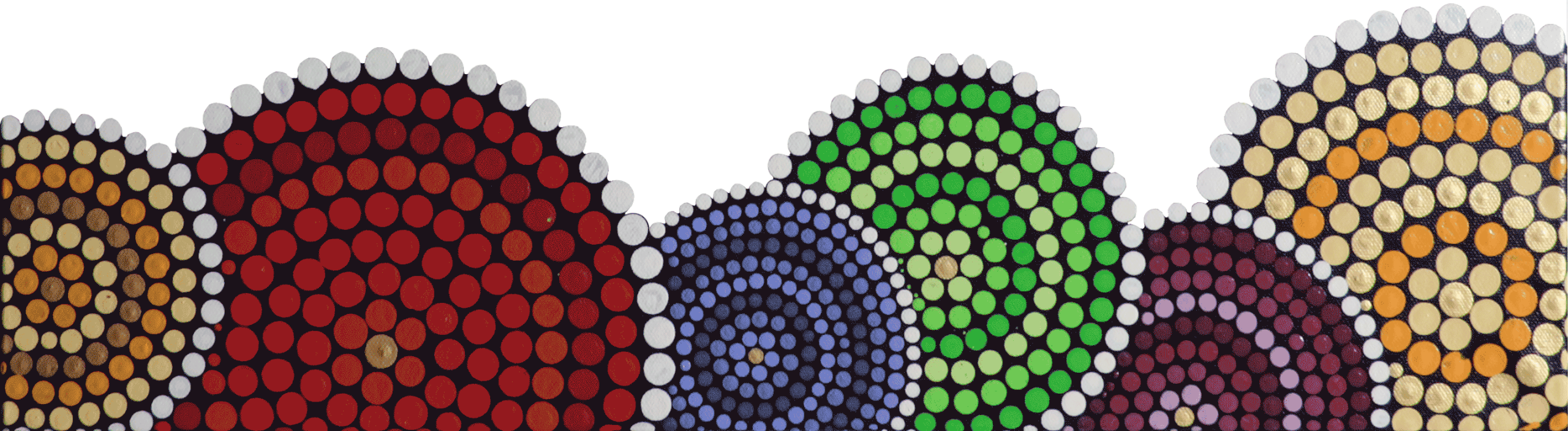


**Emerging
Minds** 

Acknowledgement

I would like to acknowledge the Traditional owners of country throughout Australia and recognise the continuing connection to lands, waters and communities.

I wish to pay respect to Elders past and present, and acknowledge the memories, traditions, cultures and hopes of Aboriginal and Torres Strait Islander people.



In part 1, we...

Met Ruby, Alex and Mia:

- Ruby delivers Mia at 34 weeks, and Mia is admitted to NICU due to respiratory issues
- Their time in the NICU is marked with exhaustion and worry
- Ruby and Alex are both exhausted, feeling lost and eager to find routine
- Mia's weight gain is slow, Ruby feels strongly she wants to continue breast feeding

Heard from the panel that:

- The NICU can be complex and overwhelming for families and lived experience workers offer support when navigating this complexity.
- Lived experience expertise brings forward insights which support parent wellbeing, the parent-infant relationship and infant mental health.
- Peer support reduces stigma and shame, and fosters healing and self-compassion during the perinatal period.

Learning outcomes

At the webinar's completion, participants will be able to:

- Describe how peer workers support parental confidence, and promote caregiving that nurtures infants' emerging autonomy, emotional security, and developmental wellbeing.
- Outline how lived experience peer roles support parents in early parenting and the developmental changes experienced in first three years.
- Identify organisational actions that support lived experience peer work roles, including role clarity, supervision structures, wellbeing supports, and co production practices.

Disclaimer

The content in this webinar is for educational purposes only and does not constitute medical advice.

If any content in tonight's webinar causes distress, please seek care with your GP, local mental health service or Lifeline 13 11 14.

The family at home



- Ruby and Alex are feeling stressed, anxious and sleep deprived
- The family is trying to find routine
- Alex's shiftwork compounds the family's challenge of finding routine

Isolation

- Mia is unsettled in the car
- Ruby and Alex have ongoing concerns about her health
- They feel cautious about too many outings in the community
- Limit going out to reduce Mia's distress



Mia at 6 months

- Alex and Ruby are starting to consider introducing solids
- Mia is interested in exploring
- Ruby is anaemic and low in vitamin B
- Ruby finds it challenging to have the energy keep up with Mia



This webinar was co-produced by MHPN and Emerging Minds for the Emerging Minds: National Workforce Centre for Child Mental Health (NWCCMH) project.

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