

For daily updates on services available in your area
during COVID-19

**DAILY
UPDATE**

HSC Public Health Agency

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What is infant mental health and why does it matter so much during COVID-19?

Infant Mental Health is the term often used to describe the capacity of a child, during the first three years of life.



Useful links:

COVID-19 advice for pregnant women and parents: www.ni-maternity.com

Infant Mental Health Framework for Northern Ireland: www.publichealth.hscni.net/publications/infant-mental-health-framework-northern-ireland

www.aware-ni.org/images/AWARE_Guide_to_looking_after_the__Mental_health_of_you_and_your__baby_002.pdf

twitter.com/AwareNI/status/1244610454393180161?s=20

Free access to Solihull Approach antenatal course Getting Ready for Baby: <https://inourplace.heiapply.com/online-learning/> Use access code: NIBABIES

Association of Infant Mental Health UK's short clip video series on Getting to Know Your Baby: <https://aimh.org.uk/getting-to-know-your-baby/>

Tiny Life premature baby charity for Northern Ireland: <http://www.tinylife.org.uk/>

www.bbc.co.uk/tiny-happy-people

What is infant mental health and why does it matter so much during COVID-19?

Read the recently published PHA blog, which includes useful links to various related family resources, [HERE](#)