



Infant Mental Health Core Competencies Addressed in Parent-Child Relationship Programs Trainings

Introduction to Infant Mental Health (IMH)

6 contact hours

Topics	Endorsement® Competencies
	Theoretical Foundations:
Toxic stress	Infant/Very Young Child Development and Behavior
Attachment theory	Attachment, Separation, Trauma, Grief, and Loss
Parenting behaviors	Pregnancy and Early Parenthood
	Direct Service Skills:
Baby cues	Observation and Listening
	Systems Expertise:
IMH resources/next steps	Community Resources

Promoting First Relationships® (PFR)

13 contact hours

Topics	Endorsement® Competencies
	Theoretical Foundations:
PFR consultation strategies	Relationship-Focused Practice Cultural Humility Psychotherapeutic and Behavioral Theories of Change
Infant mental health	Infant/Young Child Development and Behavior
Attachment/apply to observations	Attachment, Separation, Trauma, Grief, and Loss
Challenging behaviors, case studies	Infant/Very Young Child Family-Centered Practice
	Direct Service Skills:
Reflective observation, questions	Responding with Empathy
Baby cues	Observation and Listening
Verbal responding/feedback/joining	Listening and Responding with Empathy
Development of infant and young child	Developmental Guidance
Consultation strategy practice	Parent-Infant/Young Child Relationship-Based Practices

Promoting Maternal Mental Health (PMMH) During Pregnancy

15 contact hours

Topics	Endorsement® Competencies
	Theoretical Foundations:
Pregnancy: psychosocial	Pregnancy and Early Parenthood
Relationship focused strategies	Relationship-Focused Therapeutic Practice
Maternal role attainment, development of the parent-child relationship	Family Relationships and Dynamics
Trauma, loss, maternal depression/anxiety	Attachment, Separation, Trauma, Grief, and Loss
Social and emotional context of pregnancy, including health disparity and disabilities and maternal mortality	Cultural Humility
	Systems Expertise:
When to refer, supporting client readiness in accessing services (mental health, intimate partner violence, food bank)	Service Delivery Systems
Develop community resource map	Community Resources
	Direct Service Skills:
Screening/assessment strategies and tools for attachment and bonding	Screening and Assessment
Intervention/strategies, using activities to support client needs	Responding with Empathy
How to advocate for client's needs; Identifying appropriate agencies and providers in terms of lived experiences	Advocacy
Navigating challenges and crises	Life Skills
Using observation as an assessment tool, supportive listening, developing therapeutic relationship	Observation and Listening
Domestic/interpersonal violence	Safety, Assessment
	Working with Others:
Supportive professional relationships, developing therapeutic relationships, adapting interventions to meet client's goals	Building and Maintaining Relationships
Provides non-judgmental listening and emotional support and reflection of past experiences	Empathy and Compassion
	Communicating:
Nonjudgmental listening; using translation services	Listening
Assessment and awareness of nonverbal behavior; adapting communication to meet client needs	Speaking
	Thinking:
Making assessment a supportive intervention, when to refer, identify goals and activities to support client needs	Solving Problems
Support circles; maternal role and differences; understanding how risk factors impact people differently	Maintaining Perspective
Using assessment to create goals together, finding activity interventions to support goals	Planning and Organizing

Promoting Maternal Mental Health (PMMH) During Pregnancy

	Reflection:
Examines implicit biases and regular consultation	Self Awareness
Curiosity about client story and during assessment process	Curiosity
Awareness of our own reactions, self care, and professional boundaries	Emotional Response

Parent Child Interaction (PCI) Scales: Feeding or Teaching

22.5 contact hours

Topics	Endorsement® Competencies
Parent/child relationship	Infant/Very Young Child Development and Behaviors
Infant cues, practice	Observation
Structure of scales/Barnard model, practice	Screening and Assessment Disorders of Infancy/Early Childhood



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