



## Safeguarding Children

# Women's, Maternal and Parental Mental Health

### 2019 Training Dates

This is a one day training course from 10:00am to 4:00pm

Friday 26 April

Venue: Room LG01, Les Ozouets Campus

Monday 22 July

Venue: Green Room, Performing Arts Centre

Tuesday 22 October

Venue: The Institute

Friday 15 November

Venue: The Kelven Smart Room, Le Rondin School & Centre.

Tuesday 10 December

Venue: The Kelven Smart Room, Le Rondin School & Centre.

This is the reintroduction of a 1 day Level 4 Safeguarding Children course written by Dr Leah Salter, Family and Systemic Psychotherapist and supported by ISCP.

The training will cover some of the literature, research and relevant practice examples relating to women's mental health, maternal mental health and parental mental health; including exploring wider issues that impact children's, adult's and family wellbeing. Whilst we will explore safeguarding issues in relation to parental mental health we will also consider the impact of blame and shame narratives and seek to unpack binary definitions of mental health/ illness; good/ bad parenting.

Positioning parenthood as a period of transition and considering attachment relationships as developmental and dynamic; the day will include looking at "what works" in supporting women's mental health following child birth, supporting parent-child relationships and supporting families through the life cycle.

The aim is to inform practice and open a reflective space for colleagues working with families, those supporting children's mental health and wellbeing and those supporting parents with mental health needs.