Healthy Little Minds



Bitesize workshops for Professionals Brochure

BEST START IN LIFE | HEALTHY BABIES

CHANGING LIVES CHANGING FUTURES

Nottingham City Council

Healthy Little Minds

'Growing Healthy Little Minds'



Attachment and Baby Brain Development

In the earliest years, infants the world through their primary caregivers. These important, sensitive and nurturing interactions teach us the world is a safe space, where our needs are understood and met. These positive experiences are central to the parent infant relationship, and our developing style goes on to inform other important relationships in our lives

Some families will experience challenges in the parent infant relationship for a number of reasons which are considered in our workshops.

Baby brain development is closely linked to attachment, as attachment styles are instrumental in determining how a baby's brain organises itself. The baby brain is developing at an astonishing rate, with neural connections being made.

We revisit attachment theory and baby brain development with the most up to date evidence. We consider the ways in which we can develop a shared language across Nottingham

AIM
To gain an awareness of the relationship between attachment and baby brain development and provide strategies to support families

OBJECTIVES
- Develop basic understanding of attachment styles and principles
- Understand how and why attachment can impact on how the baby brain develops

Once you have completed this training you are eligible to attend the Parent Infant Relationship Toolkit session. This practical workshop builds on this session and supports colleagues to develop a shared practical skill set with access to tools that support direct work with families. Each participant will leave with a toolkit to take into practice.

Healthy Little Minds



‘Why Families Repeat Patterns of Behaviour’ - ‘Family Scripts’

The reasons behind families repeating patterns of behaviour can be complex. Our own experiences of being parented creates within us an internal working model of what it is to be a parent.

An internal working model is a roadmap inside us, a blueprint of what we will probably do when we are older as this is what we have learnt.

This is a bitesize session to give you an overview of ‘Family Scripts’ and ‘Angels in the Nursery’ which are complex concepts. It is knowledge to add to your toolkit, to support you to think differently when you’re stuck or frustrated with a family or not making changes.

This bitesize session is offered to enhance practice and increase knowledge

AIM

To gain a basic awareness of why families repeat patterns of behaviour

OBJECTIVES

- To gain an understanding of ‘Family Scripts and ‘Angels in the Nursery’
- To understand why this knowledge is important to families

Healthy Little Minds



‘Brain Development – The Journey From Infancy To Adolescence’

This workshop, delivered by CAMHS and Healthy Little Minds, provides an in-depth look at the foundations of mental health from infancy through adolescence. Focusing on brain development, attachment and the lasting effects of adversity.

AIMS

- To increase understanding of early brain development and its impact on emotional and behavioural outcomes across childhood and adolescence
- To explore the role of attachment and caregiver and infant relationships in shaping mental health
- To examine how adverse childhood experiences (ACE’s) influence developmental trajectories and mental wellbeing in adolescence
- To support professionals in applying developmental knowledge to promote resilience and informed intervention strategies

OBJECTIVES

- Describe key stages of infant brain development and the importance of early environmental influences on neural pathways
- Identify different attachment styles and understand their formation through early caregiver interactions
- Understand the impact of adverse childhood experiences (ACE’s) – including how they may manifest during adolescence
- Understand the structural and functional changes in the adolescent brain, and how these relate to behaviour, decision making and emotional regulation

Healthy Little Minds



‘Relational Trauma in the Early Years’

For professionals working with families, developing an understanding of trauma and how it shapes relationships is extremely valuable. This training focuses on relational trauma- when early caregiving relationships become distressing for the child. Together, we’ll look at what relational trauma is, why it’s so important to understand, and how we can support parents and young children navigating these difficult experiences.

AIM

To equip professionals with a foundational understanding of what relational trauma is, how it impacts parent-infant relationships (PIR) and infant development, and therapeutic approaches to working with parents and infants experiencing relational trauma

OBJECTIVES

- You should come away with a clearer understanding of:
- What we mean by relational trauma, and its impact on infant development
- What we mean by ‘good enough parenting’
- Why the parent’s story is vital to consider
- The baby’s experience
- Therapeutic approaches to supporting dyads impacted by relational trauma
- How this work can affect us as professionals, and how we can support our own wellbeing

Healthy Little Minds



‘Voice of the Infant’

Infant comes from the Latin word ‘infans’ which means ‘unable to speak’ or ‘speechless’. One of the biggest difficulties when working with infants, is that they do not have a voice that everyone can hear. Their voice can be easily ignored or overlooked, focusing on the children or adults, who are able to verbally share their thoughts. It is for this reason that capturing the voice of the infant is so critical to many of our roles. Babies can communicate, you just need to know how to listen.

Within this bitesize workshop, we will explore the importance of listening and hearing the voice of the infant. We will also give you the opportunity to practice capturing the voice of the infant, in order to keep them at the centre of your practice.

AIMS

- **To develop an understanding of the voice of the infant and what this means**
- **To gain skills, knowledge and confidence of putting the voice if the infant into practice**

OBJECTIVES

- **Look at why the voice of the infant is so important and why it is still being overlooked**
- **Be able to start to identify how a baby is communicating without speech**
- **To start practising writing some examples of a voice of the infant**

Healthy Little Minds



‘Parent Infant Relationship Toolkit

Once you have completed the Attachment and Baby Brain Development workshop, you are eligible to attend the Parent Infant Relationship Toolkit workshop.

This practical workshop builds on knowledge of attachment and bonding and difficulties in the parent-infant relationship. Colleagues are supported to develop a shared practical skill set with access to tools which support direct work with families.

Each participant leaves with a toolkit to take into practice. The session includes practical activities around observations, reflective functioning, conversation starters and baby states.

AIM

To consider the experiences of the unborn baby in the womb and what factors influence their development

OBJECTIVES

- **To begin to be able to identify difficulties in the parent infant relationship**
- **To develop skills and knowledge to identify difficulties in the PIR through observational techniques**
- **To increase confidence in skills around psychoeducation and the PIR**

Healthy Little Minds

Upcoming workshop dates
October to December 2026

DATE	COURSE	VENUE
13/10/2026	Parent Infant Relationship Toolkit 9.30am – 12.30pm	Bulwell Riverside
03/11/2026	Family Scripts – Why Families Repeat Patterns of Behaviour 9.30 – 11am	Bulwell Riverside
10/11/2026	Attachment and Baby Brain Development 9.30 – 11.30am	Bulwell Riverside
17/11/2026	Healthy Little Minds Professional Briefing 12.30 – 1.15pm	Microsoft Teams
26/11/2026	Voice of the Infant 12.30 – 1.30pm	Microsoft Teams
01/12/2026	Brain Development – The Journey from Infancy to Adolescence 10am – 12pm	Bulwell Riverside
09/12/2026	Relational Trauma in the Early Years 9.30am – 1pm	Bulwell Riverside

BEST START IN LIFE | HEALTHY BABIES

CHANGING LIVES CHANGING FUTURES

Nottingham City Council

Healthy Little Minds

Upcoming workshop dates
January to March 2027

DATE	COURSE	VENUE
18/01/2027	Attachment and Baby Brain Development 9.30 – 11am	Microsoft Teams
27/01/2027	Family Scripts – Why Families Repeat Patterns of Behaviour 9.30 – 11am	Microsoft Teams
04/02/2027	Parent Infant Relationship Toolkit 9.30am – 12.30pm	Bulwell Riverside
10/02/2027	Healthy Little Minds Professional Briefing 12.30 – 1.15pm	Microsoft Teams
01/03/2027	Voice of the Infant 12.30 – 1.30pm	Microsoft Teams
22/03/2027	Relational Trauma in the Early Years 09.30am – 1pm	Bulwell Riverside

To book on to a course, for you or your team please email

hlm@nottinghamcity.gov.uk

Nottingham City Council colleagues can also book via the Learning Zone

Training is free for colleagues across Nottingham City

BEST START IN LIFE | HEALTHY BABIES

CHANGING LIVES CHANGING FUTURES

Nottingham City Council