



*Sponsored by UW-Madison Continuing Studies and the Infant, Early Childhood, and Family Mental Health Certificate Program*

## Supporting Infant and Parent Mental Health: Five Core processes to engage and address early challenges in parenting

**An afternoon with Linda Gilkerson, PhD. Open to all professionals working with infants, young children, and their families.**

Learn how to engage parents and help them to develop feelings of competence by using the five core intervention processes developed by your presenter Linda Gilkerson, PhD, director of the Infant Studies Program at Erikson Institute in Chicago and the national Fussy Baby Network. These processes serve as the framework for this interactive session that addresses feeding, sleeping, and crying challenges. These challenges can be compounded by parents' own distress, feelings of isolation, or sense of helplessness, all of which can put early relationships at risk.

This program is for professionals in the fields of mental health, home visiting, and early intervention who work with parents, babies, and very young children, including—but not limited to—parents living in poverty or with histories of trauma, loss, depression, and other mental health issues. Join us as we explore and respond to these serious challenges that impact babies, parents, parent-child relationships, and us as the interveners supporting early relationships.

**Linda Gilkerson, PhD**, is professor and director of the Irving B. Harris Infant Studies Program at Erikson Institute, Chicago. Her area of specialization is infant mental health and early intervention. Her research addresses the needs of infants and families in a range of settings including neonatal intensive care units, Early Head Start, childcare, home visitation, and early intervention. She also directs the Fussy Baby Network, Erikson's first clinical initiative. The network provides support for families who have concerns about their baby's crying, sleeping, feeding, or temperament. Dr. Gilkerson is a board member of Zero to Three.

**Date:** January 12, 2012

**Time:** 1-4 pm

**Location:** Pyle Center, 702 Langdon St., Madison campus

**Registration fee:** \$85

**CEUs:** 0.3 (3 hours of professional continuing education)

**To register:** [www.continuingstudies.wisc.edu/pda/mental-health](http://www.continuingstudies.wisc.edu/pda/mental-health) or call 800-725-9692; program #1002

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