

Infant Mental Health Training Needs Self-Assessment

Name: _____

Date: _____

Please place a checkmark on the number that describes your level of understanding and/or implementation of each skill/knowledge area listed.

- | | |
|---|----------------------------------|
| 1 – An area I do not feel confident in at all | 4 – An area I am very skilled in |
| 2 – Basic knowledge/would benefit from more training | 5 – I could teach others this |
| 3 – I have some knowledge but I could learn deeper levels | |

Skill/Knowledge Area	1	2	3	4	5
Knowledge of and ability to maintain appropriate professional boundaries.					
Knowledge of community resources and procedures for accessing resources.					
Ability to follow program policies and procedures regarding confidentiality and disclosure of privileged information.					
Ability to communicate effectively with and on behalf of parents, infants, and toddlers					
Ability to collaborate effectively with other community professionals					
Writing and computer skills to record service information accurately according to program guidelines					
Ability to establish trusting relationships with parents of varying economic, cultural and functional levels					
Ability to tolerate strong emotions and facilitate difficult conversations					
Ability to identify the difference between an “ordinary crisis” and an “emergency”					
Observation and assessment skills					
Knowledge of infant/toddler development					
Knowledge of child care practices					
Knowledge of family dynamics					
Early brain development and implications for parenting					
Attachment theory and early relationship development					
Effects of separation and loss on infants, toddlers and families					
Disorders of infancy and toddlerhood					
Family Development and Early Parenthood					
Characteristics and needs of chronically stressed families					
Knowledge about prematurity					
Knowledge about failure to thrive					
Knowledge about the birth of a baby with special needs					
Knowledge about death of a baby or siblings					
Knowledge about adolescent parenthood					
Knowledge about adjustment to pregnancy and parenthood					
Knowledge about maternal depression					
Knowledge about grief and loss					
Knowledge about substance abuse and its impact on relationships					
Knowledge about domestic violence and its impact on relationships					
Knowledge about child abuse and neglect					
Knowledge about foster care					
Skill at working with infant/toddler and parent together					
Observing development within a relationship context and assess both strengths and risks					

Please place a checkmark on the number that describes your level of understanding and/or implementation of each skill/knowledge area listed.

- 1 – I don't really know much about this
- 2 – Minimal Knowledge/Implementation
- 3 – Adequate Knowledge/Implementation

- 4 – An area I am skilled in
- 5 – I could teach others this

Skill/Knowledge Area	1	2	3	4	5
Offering developmental guidance to a parent that is specific to the child					
Creating opportunities for parent-child interaction and playful exchanges					
Identifying and enhancing capacities in both parent and child					
Wondering about the infant/toddler's experiences as well as the parent's feelings in the presence of child					
Inviting parents to talk, listening to what they say, and clarifying the meaning					
Following the infant/toddler and parent's lead					
Responding with empathy					
Identifying, treating, and/or collaborating with other professionals as needed in treating disorders of infancy, delays and disabilities, parental mental illness, and family functioning					
Using videotape as an intervention tool					