

Mental Health and Staying Calm

This year, as part of ICON week, we're focusing on the importance of emotional regulation – helping parents and carers recognise when they're feeling overwhelmed and take steps to calm themselves before responding to a crying baby.

To sign up for one of the training sessions below please visit <https://hscb.event-booking.org.uk>
Email HSCPcourses@hertfordshire.gov.uk with any booking queries.

Monday

Mums Matter:

How to identify and navigate
conversations with women who have
Perinatal Mental Health needs

22nd September 12:00 - 12:30pm

Tuesday

Step 2 Under 5 service:

Attachment through the eyes of the child.
How we can support

23rd September 12:00 - 12:30pm

Wednesday

The For Baby's Sake Trust:

Supporting a whole family trauma
informed response - identifying triggers
and emotional safety planning

24th September 12:00 - 12:30pm

Thursday

Health Visiting:

Supporting practitioners to deliver ICON
messages and Public Health Nursing reflections
on supporting families in Hertfordshire

25th September 12:00 - 12:30pm



You'll find the latest updates and campaign materials at: www.iconcope.org/iconweek2025

For more information about HWE ICON rollout please contact lucy.sims4@nhs.net