



Australian Association for
Infant Mental Health

Strategic Plan: 2024-2027

AAIMH's primary focus is to draw attention to the importance of the healthy social and emotional development of infants (0 to 3 years) in Australia.

This is achieved by assisting families, professionals and communities to build nurturing and strong relationships with their children, and to be aware of the causes and signs of mental, physical and emotional stress in infants.

The national association as we know it today has branches in the Australian Capital Territory, New South Wales, Northern Territory, Queensland, South Australia, Tasmania, Victoria and Western Australia.

Vision

The needs of every infant and young child from before birth to age three are prioritised and addressed in a timely and responsive way to enhance their relationships and their mental health and wellbeing.

Mission

Our Mission is to work for all infants and young children from pre birth to age three to ensure their social, emotional and developmental needs are met through stable and nurturing relationships within their family, culture and communities.

In order to achieve our Mission, AAIMH will:

Strategic Priority	Activities
<p>1. Advocate and collaborate for infants and young children through improving professional and public recognition within relevant networks</p>	<p>Perform activities to celebrate International Infant Mental Health Awareness Week</p> <p>Join with Aboriginal and Torres Strait Islander organisations and professionals to advocate for the needs of First Nations infants and their families.</p> <p>Provide resources for caregivers and families</p> <p>Identify and link to relevant networks, including liaising with affiliated international colleagues</p> <p>Work with partner organisations to advocate for the needs of infants and their families</p> <p>Provide information to members</p>
<p>2. Increase the capacity of those directly involved in developing or advocating for policy or services that provide support to infants and young children through provision of education, professional development, and the dissemination of scientific knowledge. *</p>	<p>Generate and update position statements</p> <p>Deliver a biannual National Conference</p> <p>Develop a Media/Social Media presence to disseminate scientific knowledge, position statements</p> <ul style="list-style-type: none"> • Investigate development of podcast framework and delivery • Training opportunities: access to trainers & supervision <p>Plan for a biannual Speaker Tour in 2026</p> <p>Develop mentoring opportunities for members</p> <p>Support AAIMH members to join relevant advisory and working groups that inform policy and workforce development planning</p>

	<p>Support AAIMH members to contribute to feedback rounds during the development of national frameworks and strategies that impact on infancy and families; membership to be provided with submission templates they can adapt</p> <p>Provide scholarships to support attendance at professional development events</p>
<p>3. Educate, inform, and support professionals to implement evidence informed professional competencies and standards in infant mental health.</p>	<p>Promote implementation of the competency guidelines in all states and territories through local branches.</p> <p>Update existing Position Papers and establish new ones where appropriate.</p>
<p>4. Reviewing and enhancing good governance</p>	<p>Annual governance training for Board and Committees</p> <p>Yearly review of governance and processes</p> <p>Register of governance issues arising during Board and Branch Committee meetings</p> <p>Grow and support membership diversity (e.g. through scholarships and free membership)</p> <p>Develop and implement an ongoing framework to seek and incorporate member feedback</p> <p>Establish a framework to ensure community and stakeholder input</p> <p>Establish standardised role descriptions for all roles in AAIMH</p> <p>Continue to compile a governance manual</p> <p>Continue to establish policies and guidelines</p>

* Professionals include early years educators, child health nurses and other large groups of professionals who have the opportunity to assess and intervene with infants.