

# Infant and Child Mental Health

## Professional Development Webinar Series

If you watch or listen to a webinar recording you can claim continuing professional development as a self-directed learning activity.

Complete and retain this form to help keep a record of your participation in the activity.

### Webinar details

<b>Webinar title</b>	Engaging parents of children approaching adolescence
<b>Duration</b>	75 minutes
<b>Predisposing activity time allocation</b>	30 minutes (includes reading case study prior to watching or listening to the recording)
<b>Learning objectives</b>	<ul style="list-style-type: none"><li>• Identify practical tips and strategies for effective conversations with adolescents and their parents</li><li>• Recognise the differences between normal adolescent behaviour and mental health conditions such as depression and anxiety</li><li>• Describe current trends in adolescent drug and alcohol use, cyber-bullying, risk-taking behaviour and self-harm</li></ul>

### Your details

Your name:

Date viewed:

Identify up to three ways in which the webinar's learning objectives complement your own overall professional development goals.

1.	
2.	
3.	

## Reflective exercise

**Reflect on each individual presentation and the Q&A session and answer the following questions:**

What did you learn from each individual presentation?

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List three ways their respective approaches were similar and/or different.

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Discuss how these similarities or differences may impact on how you may collaborate with these disciplines in your future practice.

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Provide your own brief discipline specific response to how you would apply what you've learnt in this webinar to parents of children approaching adolescence.

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List three tips and/or strategies you will apply when working with parents of children approaching adolescence.

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Having watched the webinar, identify up to two improvements you will make in your practice.

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List up to three outstanding questions you may still have after the panel discussion and identify the steps you'll take to seek the answer(s).

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