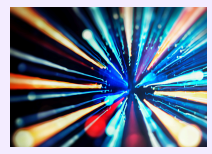
SUPPORTING THE VOICE OF THE INFANT THROUGH WORKFORCE LEARNING

NHS Education for Scotland

1 WHAT WE DID

NHS Education for Scotland (NES) worked with specialist infant mental health practitioners, to create learning resources that support the implementation of the Voice of the Infant. These resources help professionals understand how infants communicate their feelings, interpret this communication thoughtfully, and create relationships and environments where infants feel safe and able to thrive. The work strengthens understanding of infant mental health, responsive caregiving and early relationships.

2 IMPACT



These resources strengthen the ability of the workforce and families to understand and respond to infants' communication. By recognising infants as active communicators with views and experiences, the work supports more responsive, nurturing, and developmentally appropriate care.

This contributes to improved early relationships and environments, which are critical for lifelong health and wellbeing.

3 UNCRC



This work directly supports **Article 12**, upholding the right of all children, including infants, to be listened to; **Article 6**, promoting their survival and development; and **Article 24**, ensuring their right to health, including mental health and early development.

4 GIRFEC

This work aligns with Getting it right for every child (GIRFEC) wellbeing indicators, particularly:

Nurtured: promoting responsive caregiving and strong relationships.

Safe: helping adults understand and respond to infants needs.

Healthy: supporting infant mental health and development.

Respected: recognsing infants as communicators with views and experiences.

5 THE PROMISE



This work reflects The Promise commitment to early support, promoting strong relationships, and understanding children's experiences. By focusing on the earliest years, the resources contribute to getting support right from the start and recognising the importance of relationships in helping children develop and thrive.

6 REFLECTIONS



Applying a children's rights approach to infancy helps ensure that participation begins from birth. Supporting the workforce to understand infant communication strengthens early relationships, promotes wellbeing, and helps create environments where babies can thrive from the very start.

THE PARENTING PROGRAMME, NES PSYCHOLOGY DIRECTORATE