

# WAIMH support in times of COVID-19 pandemic



By WAIMH

Many Infant Mental Health (IMH) professionals are hard at work in their efforts to support infants and their families amidst this COVID-19 pandemic. The challenges are immense; the demands to respond unceasing. In response, the WAIMH has created a specific COVID-19 web-page that includes general resources for professionals as well as special medical information regarding pregnancy, infants and young children.

The [WAIMH COVID-19 page](#) will be frequently updated to keep pace with new data and resources as they become available.

## COVID-19

WAIMH acknowledges all parents, caregivers, and infant mental health professionals who are caring for infants and young children, and their families. WAIMH appreciates that all parents, caregivers, and infant mental health professionals are providing this care, each day, during these unprecedented times, with still so much unknown about the Novel Coronavirus (COVID-19). While there are many online sites that provide helpful resources about COVID-19, the resources cited at WAIMH website focus specifically on infant mental health professionals and the needs of infants, young children, and their families. This focus is in keeping with the aim of WAIMH: 'to promote the mental wellbeing and healthy development of infants throughout the world...' We hope that you find some helpful resources.

## General Professional Resources

Many Infant Mental Health (IMH) professionals are hard at work in their efforts to support infants and their families amidst this COVID-19 pandemic. The challenges are immense; the demands to respond unceasing. WAIMH acknowledges that this is an incredibly stressful, worrying, and anxious time for the IMH specialists and allied colleagues as they walk beside young families whose challenges and worries are currently magnified. The resources listed at WAIMH web-page are designed to provide information and suggestions about how best to respond, manage, and cope, during this incredibly difficult time.

## Special Medical Information (pregnancy, infants, and young children)

Each day, Infant Mental Health (IMH) professionals are facing complex medical questions from families with young children about COVID-19. Similarly, every day, pregnant women and their families are seeking medical information concerning how to keep themselves and their baby safe. Pregnancy, and caring for newborns, at the best of times, is a time of heightened awareness of health and safety issues. WAIMH acknowledges every pregnant woman, her partner and family during this time. WAIMH acknowledges every IMH professional who is also seeking answers to these questions. The resources listed at WAIMH web-page are designed to provide some information from reputable sources with high quality information. This page will be updated to keep pace with new data as it becomes available.

## A resource for WAIMH re COVID 19



As the days went by, Georgie had a lot of feelings. Sometimes he felt happy that he didn't have to go to school, but most of

Picture from Georgie and the Giant Germ.

By

Kate Rosenblum, University of Michigan, USA

An interactive story colouring book for young children: Georgie and the Giant Germ: <https://tenderpressbooks.com/georgie-%26-the-giant-germ>

A COVID-19 interactive story colouring book for young children: Georgie and the Giant Germ was developed to support caregivers in their conversations with young children about [#COVID-19](#) as

well as providing a way for children to express their worries. It has been written by: Julie Ribaud, Paige Safyer, Sara Stein and Kate Rosenblum. Illustrated by Maija Rosenblum-Muzik. It is generously made free and available for download at: <https://tenderpressbooks.com/>. Also available for download at: <https://zerotothrive.org/covid-19/>

More COVID-19 related [#IMH](#) resources at <https://waimh.org/page/COVID19>