

A close-up photograph of two hands clasped together. The hand in the foreground has a nail with a decorative design of a sun and a leaf. The background is softly blurred, showing more hands and a person's arm in a light-colored sleeve.

Foundations in Early Well-Being: A Certificate in Infant and Early Mental Health

For years, IEMHP has heard from many practitioners eager to enhance their knowledge related to infant and early mental health. The Certificate is a unique, made in Canada program that will strengthen your knowledge and skills related to infant and early mental health and as a participant you will be part of a strategy to help build a stronger infant and early mental health informed workforce across Canada.

About the Certificate

The Certificate is a virtual hybrid program designed for practitioners who engage and support families with young children, prenatal to six. Through a combination of live virtual and recorded sessions participants will expand and strengthen their knowledge and skills in a number of areas related to infant and early mental health. Building upon the knowledge and experience of participants, the Certificate will delve into a range of topics including the science that supports the importance of infant and early mental health and its impact on lifelong wellness. Strategies, models, programs and best practices for the promotion of infant and early mental health, prevention and mitigation of mental illness and early intervention strategies, will also be explored.

→ Course Content

- Introduction to the Foundations of Early Well-Being
- Beyond the Basics
- Infant and Early Mental Health and Adversity
- Embedding Equity
- Supporting Infant and Early Childhood Mental Health
- Assessment, Early Intervention and Treatment
- Promotion and Prevention

→ Time and Cost Commitment

This is a 10-month program that will require participants to dedicate approximately 5 hours per week to various activities including:

- Viewing of recorded lessons
- Participation in live discussions
- Completion and submission of reflective journals
- Readings and quizzes.

Fee: \$1,225.00

→ Course Requirements

- Each participant must complete the following for all 7 Modules:
- Watch all recorded lessons
- Pass each module quiz with a minimum of 75%
- Complete 2 journal reflections
- Attend all live discussion sessions
- Complete all module, lesson and program evaluations
- Attend virtual Focus Group on June 17th, 2026

→ Course Delivery

- Delivered virtually with both pre-recorded webinars and live discussions
- Available to all eligible practitioners across Canada

Admission Requirements



Applicant eligibility includes:

- A diploma or degree in health care, social services/science, early child development and/or education.
- Submission of a resume that demonstrates 2 to 5 years of experience working with young children,
- A letter of intent, no more than 700 words, addressing the following questions:
 - What interests you about completing this program?
 - How will the completion of this program enhance your work with young children and families?
- 2 letters of recommendation
- Letter of Commitment from your employer (attached)
- Proficiency in written and oral English.

Please submit all documents via e-mail to iemhp.learning@sickkids.ca, by July 11th, 2025 . Should you have any questions or concerns, please do not hesitate to reach out nicole.tuzi@sickkids.ca

Foundations of Early Well-Being: A Certificate in Infant and Early Mental Health 2025-2026

Applicant Letter of Commitment

I, _____, hereby assert that the information I provide through this application to be accurate and an indication of my commitment to the program. I understand that I will be required to set aside 2-5 hours per week from September 2025-June 2026, complete quizzes and assignments, attend live sessions, complete evaluations and attend a live focus group, in order to successfully complete the program.

Name: _____

Organization: _____

Address: _____

E-mail: _____

Phone: _____

Signature: _____

Employer/Supervisor Letter of Commitment

I support _____ as a potential candidate for the Foundations of Early Well-Being: A Certificate in Infant and Early Mental Health. I understand that program runs from September 2025 until June 2026, and that the candidate will need to be released to attend scheduled live discussion sessions, and time to complete the required components of the program, as outlined in the Course Schedule (attached).

Name: _____

Organization: _____

Address: _____

E-mail: _____

Phone: _____

Signature: _____