

Preliminary Programme

8:30 – **Welcome and opening address**

8:45 – **The First 1000 Days in the Nordic Countries**

- Sigrún Daníelsdóttir, Cand.Psych/M.Sc, project manager for mental health promotion at the Directorate of health in Iceland.

9:10 – **Better Mental Health for Mother and Baby is Everyone's Business**

- Dr. Alain Gregoire, consultant perinatal psychiatrist and president of the UK Maternal Mental Health Alliance.

9:50 – Morning refreshments

10:10 – **Understanding Babies: Translating Early Childhood Research Into Practice**

- Dr. Mette Væver, professor of clinical child psychology and early intervention and Director of the Centre for Early Intervention and Family Studies at the University of Copenhagen in Denmark.

10:50 – **What is it We Cannot Do Alone? The Added Value of Nordic Collaboration**

- Dr. Kari Slinning, Head of Division for Infants and Young Children at the Regional Center For Child & Adolescent Mental Health (R-BUP Øst og sør) in Norway.

11:10 – **How to Make Change Happen: Bridging the Gap Between Evidence and Policy**

- Dr. John Lavis, Director of the World Health Organization's Collaborating Centre for Evidence-Informed Policy and Director of McMaster University's Health Forum in Ontario, Canada.

11:40 – **Ari Eldjárn, Icelandic comedian**

12:00 - Lunch

12:40 - **Parallell workshops**

- **A: Parents' Wellbeing During Pregnancy and After Childbirth**
- **B: Wellbeing for the Youngest Children in Early Childhood Education and Care**

14:10 – Afternoon refreshments

14:30 – **Parallell workshops**

- **C: Supporting the Parent-Child Relationship**
- **D: Addressing Risk Factors in the Early Years**

16:00 – **Social event**