

Mental health and developmental disorders of infancy and early childhood.

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Piret Visnapuu-Bernadt, child psychiatrist, psychoanalytic child and adolescent
psychotherapist, *Marienthal Clinic, Tallinn, Estonia*

We know that infants are jolly and fun but we tend to forget, However, that they are also very vulnerable. The first years of life are times of active and dynamic brain development where neural connections and pathways are made, providing the foundations for future physical, emotional, and social well-being. Babies and infants do not show the classical signs of mental illness, but they reveal a wide range of emotions through their behaviour.

The classification system DC 0-5 (Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood) has been created to better understand and find solutions to the problems of young children.

DC 0-5 helps to systematically understand the mental health problems of infants. The classification is divided into axes that allow to assess the clinical manifestations of mental health disorders, to assess the relationship between the child and the parent, the child's physical health, psychosocial stressors, and the child's psychosocial development.

DC:0-5 is very helpful for finding a common ground and field of thought for different specialists and raise the focus of small children and their families.

The presentation gives an overview of the infant mental health principles and the classification system DC 0-5 and invites us to reflect how to make use of this knowledge in our everyday work.