



# Little Minds in Mind

(Formally NewPIP) | Information for Professionals

Children North East provide specialist parent-infant relationship family support services for expectant parents or those caring for an infant in the Newcastle area. We are here to support care-givers who may feel worried about emotional issues affecting the quality of their relationship with their baby.

**For more information contact:**

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☎ 0191 273 3997

[children-ne.org.uk](http://children-ne.org.uk)

Registered Charity Number 222041



## Why are the first 1,001 days so important?

It is now widely recognised that what happens in the first 1,001 days after a baby is born will lay the foundations for later development and is key to enabling that child to survive and thrive.

During this period babies minds are shaped by their environment. This environment - babies' experiences of the world - are shaped by their primary caregivers (usually their parents), which is why parent-infant relationships are vitally important.

Healthy brain development depends upon babies having a secure, responsive relationship with their parents or caregivers. Young children experience their world as an environment of relationships, and these relationships affect virtually all aspects of their development.

## Who is the service for?

Sometimes parents may have experienced difficulties in their past, during pregnancy or after giving birth, which may lead to complications between them and their baby.

We provide support to parents, caregivers, including foster/adoptive parents and kinship carers, who may be experiencing relational difficulties with their infant and who would like some support to think about and understand these difficulties, exploring ways to respond.

## Who do we accept help requests from?

Any professional who has concerns about the likely complications in a relationship between caregivers and their baby, either during pregnancy or during the first two years. In particular, parents or caregivers, resident in the Newcastle area, who are worried about emotional issues that are likely to affect the quality of their relationship with their baby during this period.

Our team are very happy to explore potential referrals over the phone. You can make a referral via our online portal at:  
**[newpip.children-ne.org.uk/referral-form](http://newpip.children-ne.org.uk/referral-form)**

## What will the service provide?

The Little Minds in Mind team consists of highly skilled therapeutic practitioners and parent infant practitioners who can provide:

### One to One Perinatal Family Support

We offer highly supportive and regular individual sessions across all four community hub areas in the city and home-based support. Our specialist therapeutic practitioners work sensitively to get to know the family and to develop an understanding of the difficulties affecting the parent-baby relationship. Even short-term therapeutic support using this approach can make a huge difference when difficulties might seem overwhelming.

### Parent-Infant Groups

We offer group sessions delivered within the community hubs by highly skilled therapeutic practitioners and parent infant practitioners to help parents understand the difficulties they are experiencing and to gain confidence and support from each other.

Programmes include:

- Preparing for Baby: to provide early support in the antenatal period.
- Baby's Here: a series of short workshops covering topics such as crying, reading baby cues etc.

### Bump Buddie Volunteers

Not all pregnant ladies have someone to support them through the perinatal period. So our trained volunteers can be allocated to a parent during this period supporting parents with light touch intervention.

### In partnership with