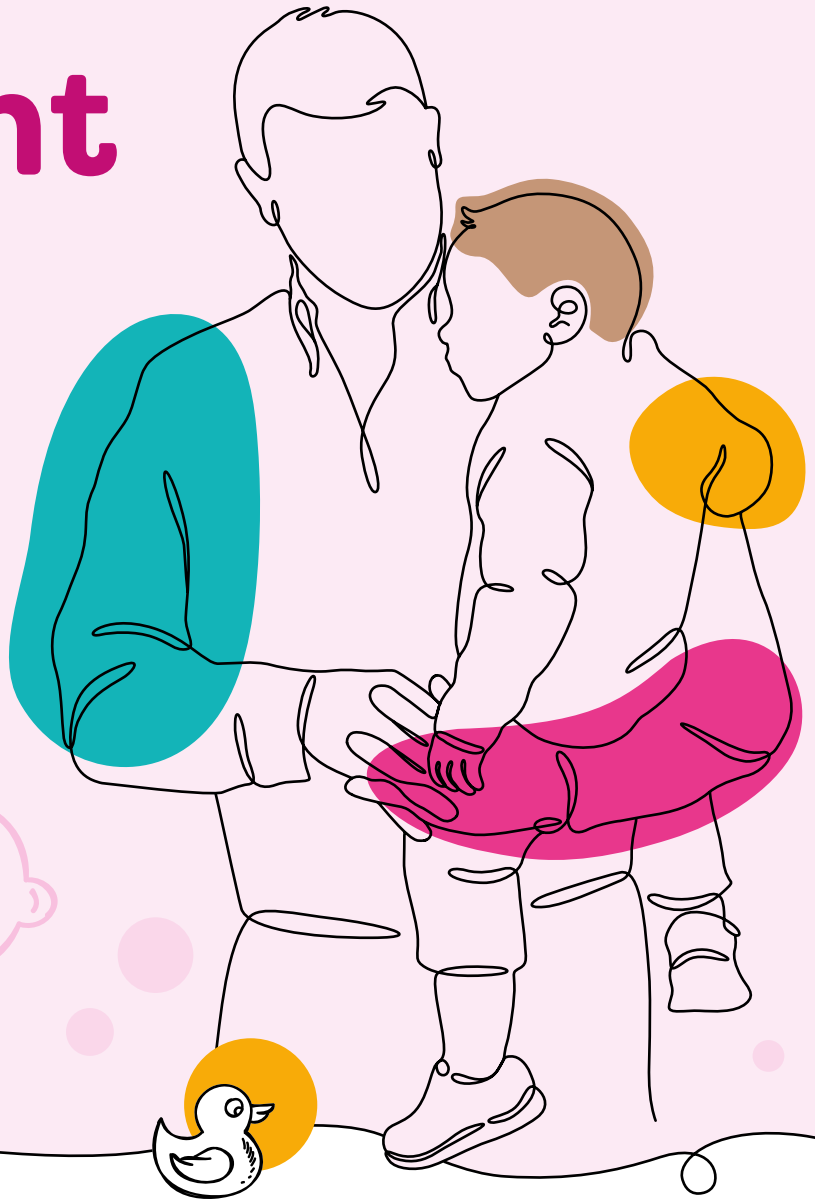
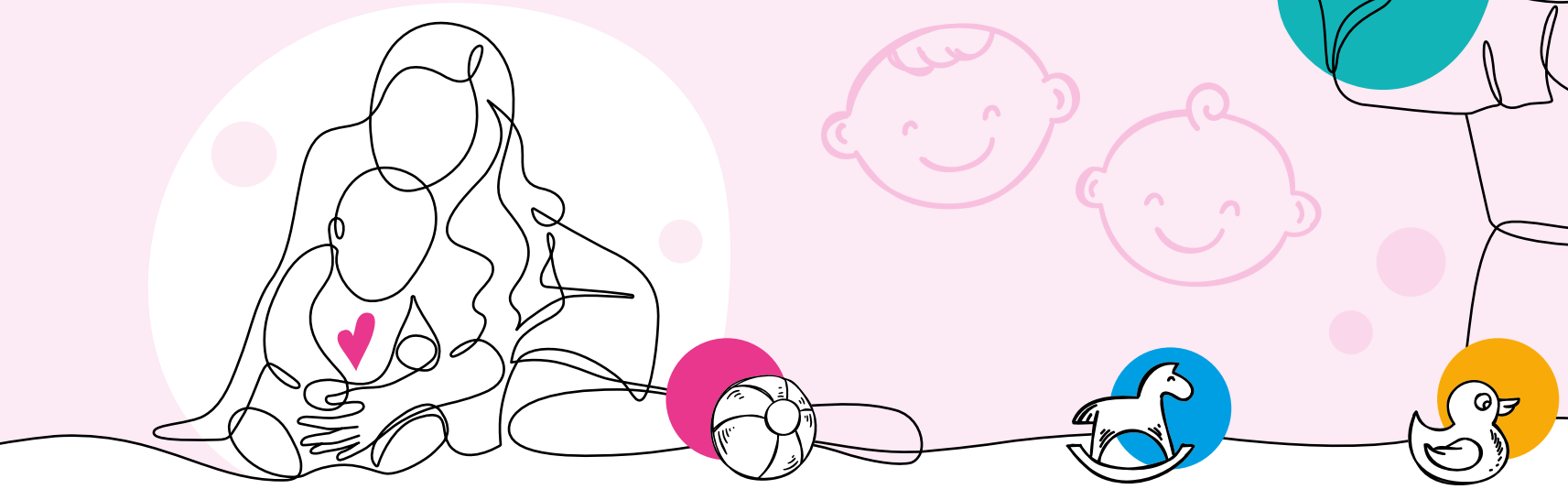
Nottingham and Nottinghamshire

Parent and Infant Mental Health Service Guide

(pregnancy - 5 years)





Nottinghamshire County Council

Nottingham City Council

NHS

BEST START IN LIFE

This document sets out the Nottingham and Nottinghamshire Parent and Infant Mental Health Service Offer, providing an overview of local support available to families from pregnancy through to early childhood (up to 5 years). It is designed to support practitioners to understand and navigate the range of core commissioned services available across the system, that directly support parents and carers with their mental health, parent-infant relationships and infant mental health.

If there are any concerns about bonding, attachment, parental mental health, infant development or safeguarding, seek advice and refer to appropriate services as early as possible. Early intervention is extremely important and can significantly improve outcomes for both parent and child.





How to use the guide

The guide brings together key information about services in one place, including what they offer, eligibility criteria, and how to facilitate access to appropriate support based on level of need. It includes a broad spectrum of provision from universal health visiting and maternity contacts, parenting programmes through to talking therapies and specialist perinatal mental health and parent–infant relationship services. It is intended to support effective signposting and appropriate referrals.

The guide is structured into three key **life-stage sections**:

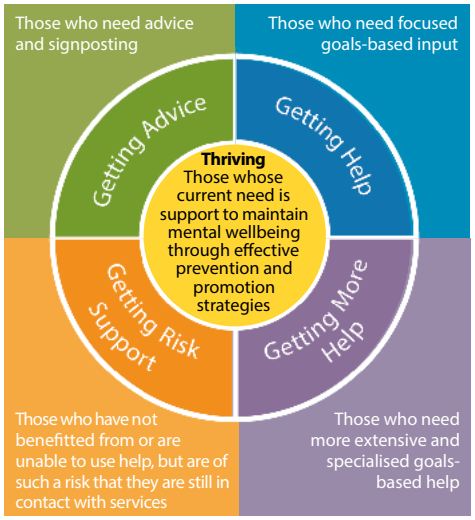
Section 1: Pregnancy Page 4

Section 2: Birth to 2 years Page 17

Section 3: 2 to 5 years Page 38

The guide has attempted to structure the levels of support using the **Thrive model of support**, organising services within each life stage section into four tiers:

- **Thriving and Getting Advice**
  - more universal support, early information, and prevention
- **Getting Help**
  - more targeted support for emerging or mild to moderate needs
- **Getting More Help**
  - more specialist interventions for more complex presenting needs
- **Getting Risk Support**
  - more intensive and crisis support for those at highest risk



Source for thrive image:
THRIVE Framework for system change | i-THRIVE

Image can be found on p6 of this PDF which is hosted on the above webpage:
THRIVE-Framework-for-system-change-2019NEW-2.pdf

Services are broadly categorised into these sections to help guide practitioners in identifying appropriate support options for the presenting needs. Some services could sit across different tiers but have been included in the first appropriate section.

There are two additional sections within this resource:

Section 4: Local online resources Page 49

Offering further information and links to online support available.

Section 5: Supporting Parent-Infant Relationships Page 50

With some guidance on relationship-focused conversations and links to further information and resources.

Please note this does not cover services and support available for practitioners or exploration of services offered across the community and voluntary sector.

This guide is for guidance only, please use your professional judgement and consider risk at all times.

Crisis Line:

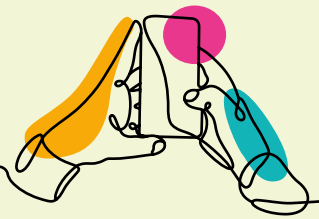
Nottingham and Nottinghamshire have a crisis line which is open 24 hours a day, seven days a week, to people of all ages.
Tel: 0808 196 3779

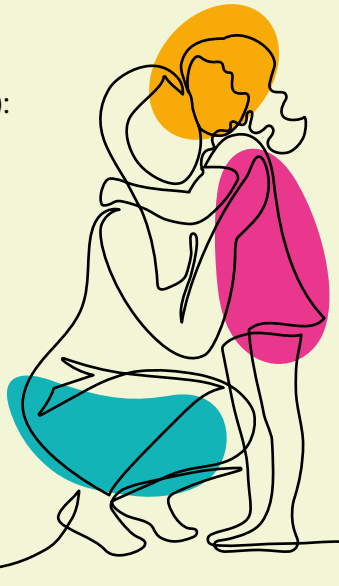
Safeguarding:

For further information around safeguarding babies, infants and children within Nottinghamshire please visit:
https://nscp.nottinghamshire.gov.uk or for Nottingham City: **www.nottinghamcity.gov.uk/ncscp**

If you have any concerns about a baby or child please contact the relevant Multi Agency Safeguarding Hubs (MASH):

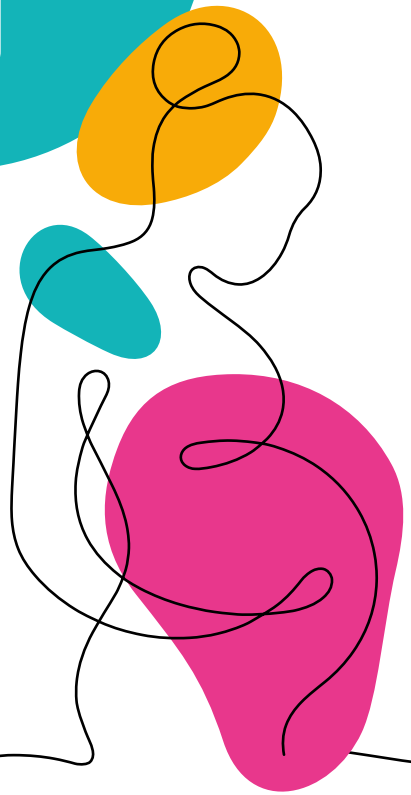
- Nottingham City MASH: **0115 876 4800**
  www.nottinghamcity.gov.uk/information-for-residents/children-and-families/safeguarding/multi-agency-safeguarding-children-hub-mash
- Nottinghamshire County MASH: **0300 500 80 90**
  www.nottinghamshire.gov.uk/care/safeguarding/childrens-mash





Section 1: Pregnancy

1



Thriving and Getting Advice	
Maternity Contacts	County & City
Healthy Family Team Antenatal Contact, NHT	County
0-19 Best Start Antenatal Contact, CityCare	City
Support Me CIC	County & City
Libraries Lullaby Bank Sessions	County
Nottinghamshire Family Hubs Antenatal PEEP	County
Relationships Really Matter Parent Carer Online Group	County
Healthy Little Minds – drop in sessions	City

Getting Help	
NHS Nottingham and Nottinghamshire Talking Therapies	County & City
Healthy Family Team Best Start Nurses, NHT	County
0-19 Best Start emotional and well being visits, CityCare	City
Nottinghamshire Family Hubs 1:1 Support	County
Nottingham City Best Start Family Hubs 1:1 Support	City
Triple P for Baby	City
Pregnancy in Mind, NSPCC	County & City
Healthy Little Minds – various offers	City
Support Me CIC	County & City
Birth Reflections Service, SFH	County
Birth Reflection, NUH	County & City
Birth in Mind, DBTH	County

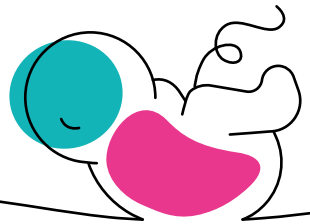
Getting More Help	
The Lotus Perinatal Mental Health Midwifery Team, SFH	County
Specialist Perinatal Mental Health Midwives, NUH	County & City
Specialist Perinatal Mental Health Midwives, DBTH	County
Perinatal Mental Health Team, NHT – various offers	County & City
Perinatal Trauma and Bereavement Service, NHT – various offers	County & City

Getting Risk Support	
Margaret Oates Mother and Baby Unit, NHT	County & City

Thriving and Getting Advice

More universal support, early information, and prevention

Service	Description	Eligibility/criteria for support	Areas covered	Further info/referral info
Maternity Contacts Nottingham University Hospitals Trust, Sherwood Forest Hospital Trust & Doncaster & Bassetlaw Teaching Hospital	Various contacts following the mandated schedule.	All birthing parents, partners encouraged. Gestation: 10 weeks +	County & City	Sherwood Forest Hospitals: www.sfh-tr.nhs.uk/services/maternity/ Doncaster & Bassetlaw Hospitals: www.dbth.nhs.uk/services/maternity/ (dbth.nhs.uk) Nottingham University Hospitals: www.nuh.nhs.uk/your-pregnancy-and-birth **NUH 24 hour Maternity Advice Line: 0115 970 9777**
Healthy Family Team 0-19 (HFT) Antenatal Contact Nottinghamshire Healthcare Trust	Assessment of maternal mental health using Whooley and Generalised Anxiety Disorder (GAD) Questions 1 and 2. Edinburgh Postnatal Depression Score (EPDS) assessment completed if required.	All birthing parents, partners encouraged. (targeted offer where needed) Gestation: 28 weeks +	County	www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams/



Service	Description	Eligibility/criteria for support	Areas covered	Further info/referral info
0-19 Best Start Antenatal Contact Nottingham CityCare Partnership	Either face to face or online group session – maternal mental health discussed in online contacts and signposted to services and advised to contact team if any concerns. Assessment of maternal mental health using Whooley and GAD 2 at face to face contacts. Also use PHQ-9 and GAD 7 for assessment if concerns arise.	All birthing parents, partners encouraged. (targeted offer where needed) Gestation: 28 weeks +	City	www.nottinghamcitycare.nhs.uk/our-services/childrens-public-health-0-19-nursing-service
Support Me CIC	Culturally-aligned information, guidance, doula service and peer support from pregnancy until 5 years after birth. Free pre-recorded antenatal education sessions. Tailored online and face-to-face pregnancy groups and support via Muslim Village in Nottingham City and Polish Village in Newark.	All birthing parents, partners encouraged. (targeted offer where needed) Gestation: 28 weeks +	County & City	https://supportmecic.com/

Service	Description	Eligibility/criteria for support	Areas covered	Further info/referral info
Libraries Lullaby Bank Sessions Inspire Libraries	Face to face sessions which involve singing a variety of lullabies from around the globe, baby-massage techniques and signing.	Specifically designed for the needs of expectant mums in their third trimester and new mothers of babies aged 0 to 9 months. Gestation: 28 weeks +	County	www.inspireculture.org.uk/whats-on/events/the-lullaby-bank/
Nottinghamshire Family Hubs Antenatal PEEP Nottinghamshire County Council	Parents/carers will learn about, bonding with their baby before they are born, singing and talking to their baby, how babies brain grows and they communicate, safe sleeping. Sessions offered face to face and virtually.	Birthing parents, partners encouraged. Gestation: 28 weeks +	County	www.nottinghamshire.gov.uk/care/family-hub-networks/pregnancy-and-new-parents
Relationships Really Matter Parent Carer Online Group Nottinghamshire County Council	Helps parents/carers to work better together, whether parenting together or apart. Exploring disagreements, arguments & ways we communicate.	Universal Gestation: Any	County	reduceparentalconflict@nottscc.gov.uk
Healthy Little Minds drop in sessions at Best Start Family Hubs and Joint Service Centres Nottingham City Council	Find out more about how Healthy Little Minds can help you bond with your baby. Mums, Dads and carers welcome to the sessions which support people both before and after baby is born. Drop-in sessions are in 2 hour windows.	Universal Gestation: From 20+ weeks	City	www.earlyhelpnottingham.org.uk/news-and-events/news/healthy-little-minds-dropin-sessions

Getting Help

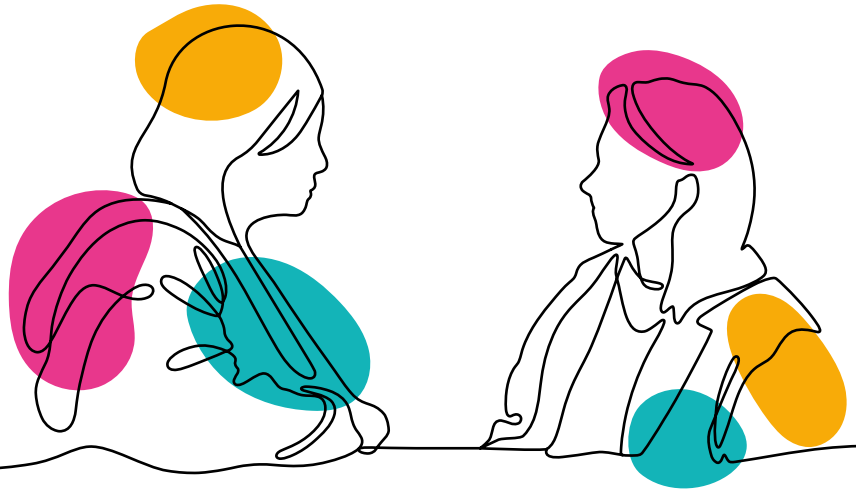
More targeted support for emerging or mild to moderate needs

Service	Description	Eligibility/criteria for support	Areas covered	Further info/referral info
NHS Nottingham and Nottinghamshire Talking Therapies	Cognitive Behavioural Therapy (CBT), Digital CBT, Webinars, Psychological wellbeing support. One to one, online or group.	Mild to moderate depression and anxiety Gestation: Any	County & City	https://notts-talk.co.uk/contact-us/
Healthy Family Team 0-19 (HFT) Best Start Nurses Nottinghamshire Healthcare Trust	The Best Start team complete mandatory reviews and offer therapeutic sessions focussed on the parental-infant relationship to strengthen attachment. Support is tailored to meet individual needs which may include Video interactive guidance (VIG), baby massage, tuning into and responding to baby cues, emotional availability, mind mindfulness and child development.	When enduring or current parental health is impacting on the parent-infant relationship. Or parents that require additional support to strengthen the parent-infant relationship and nurture child development. Gestation: 26 weeks + to 4 months old	County	www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams/ beststartteam@nottshc.nhs.uk



Service	Description	Eligibility/criteria for support	Areas covered	Further info/referral info
0-19 Best Start emotional and well being visits Nottingham CityCare Partnership	Support provided for up to 6 sessions, 1 or 2 weekly depending on individual need.	For birthing or non-birthing partners scoring high mild to moderate on the PHQ-9 or GAD-7 or based upon need of the client. Gestation: 28 weeks + to 2 years old	City	www.nottinghamcitycare.nhs.uk/our-services/childrens-public-health-0-19-nursing-service
Nottinghamshire Family Hubs 1:1 Support Nottinghamshire County Council	Support for families around health and wellbeing, parenting, development, bonding and attachment, increasing social networks and finances and getting into work.	For further information contact the local Family Hub. Gestation: Any	County	www.nottinghamshire.gov.uk/care/family-hub-networks/information-for-professionals/make-a-referral-to-a-family-hub-network
Nottingham City Best Start Family Hubs 1:1 Support Nottingham City Best Start Family Hubs	Support for families around health and wellbeing, parenting, child development, bonding and attachment, increasing social networks, play in the home, support with benefits and returning to training / work, referrals to foodbanks and other charities.	Universal - all birthing parents, partners encouraged. Gestation: any to 5 years	City	www.earlyhelpnottingham.org.uk/support-for-families/family-hub-funded-services/early-help-self-referral

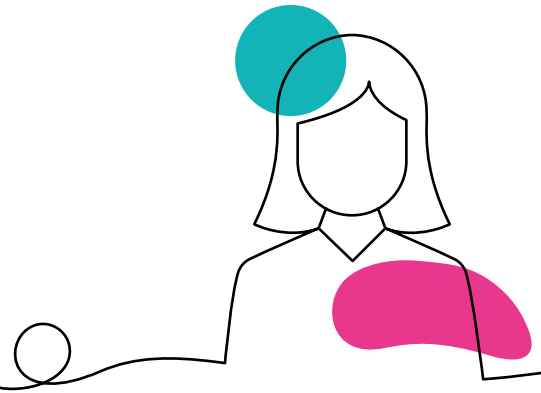
Service	Description	Eligibility/criteria for support	Areas covered	Further info/referral info
Triple P for Baby Nottingham City Best Start Family Hubs	Triple P for Baby 6 week face to face course aims to prepare parents for a positive transition to parenthood and the first year with baby, promoting sensitive and responsive care in the perinatal period.	Universal - all birthing parents, partners encouraged. Gestation: 20 weeks pregnant – 1 year	City	www.earlyhelpnottingham.org.uk/support-for-families/family-hub-funded-services/early-help-self-referral
Pregnancy in Mind NSPCC	8 weeks face to face or online group antenatal support sessions.	For those experiencing or at risk of mild anxiety or depression.	County & City	https://learning.nspcc.org.uk/media/qdkg1t3x/pregnancy-in-mind-leaflet.pdf or call 0115 960 5481



Service	Description	Eligibility/criteria for support	Areas covered	Further info/referral info
Healthy Little Minds Nottingham City Council	**Parent-Infant Relationship Team** Helping parents and carers build strong, nurturing relationships with their babies. Provide support and practical tools to help parents/ carers understand baby's needs and support their emotional development. Range of interventions include: • Video Interactive Guidance • Mellow Bumps, Dads and Going Together • Togetherness Parenting Groups • Watch Wait Wonder • Baby Massage • New Born Behavioural Observation • Psychotherapy interventions, including Parent-Infant Psychotherapy • Consultations • Drop-ins in city Family Hubs	Mums, dads and carers who are pregnant (20 weeks +) or have a child up to the age of 2 years. The service can offer support until 5 years, with primary referrals between pregnancy and 2.	City	www.yournottsdirectory.org.uk/healthylittleminds Give us a call: 0115 876 1771 Or Email: hlm@nottinghamcity.gov.uk

Service	Description	Eligibility/criteria for support	Areas covered	Further info/referral info
Support Me CIC	Culturally-aligned online and face-to-face pregnancy groups and support via Muslim Village in Nottingham City and Polish Village in Newark. Offer perinatal counselling for Muslim women between pregnancy and 18 months postpartum.	Gestation: Any	County & City	https://supportmecic.com/
Birth Reflections Service Sherwood Forest Hospitals NHS Foundation Trust	A 1:1 session can be provided with a Professional Midwifery Advocate (PMA) or midwife which offers the opportunity to: • Talk through a birth experience • Ask questions about what happened and why • Better understand care received • Reflect on thoughts and feelings • Support planning for a future pregnancy	Gestation: Any Anytime during a subsequent pregnancy or following a birth. Birth partners are welcome to attend.	For those who have given birth at Sherwood Forest Hospital	To request an appointment, email: sfh-tr.pmateam@nhs.net with: • parents name • parents contact telephone number • baby's date of birth (if comfortable sharing) www.sfh-tr.nhs.uk/services/maternity/your-guide-to-maternity-care-kings-mill-hospital/birth-afterthoughts/

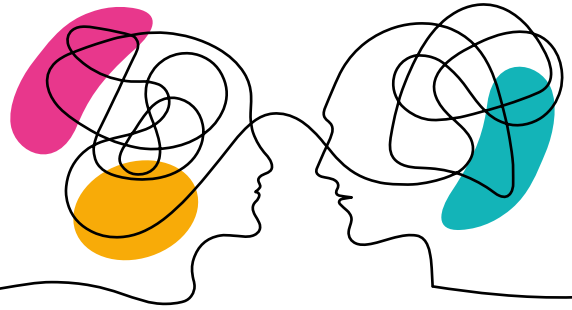
Service	Description	Eligibility/criteria for support	Areas covered	Further info/referral info
Birth Reflection Nottingham University Hospitals Trust	A safe reflective space with an experienced Midwife to discuss what happened during and after birth. This provides an opportunity to understand what happened and to ask any questions, using the documentation available to support discussion.	Gestation: Any but preferably before 32 weeks. Anytime during a subsequent pregnancy or following a birth. Birth partners are welcome to attend.	County & City	Please contact service for a referral form. These forms can be filled out on parents behalf if needed but should always be with consent. Nuhnt.birthreflections @nhs.net
Birth in Mind Doncaster & Bassetlaw Teaching Hospitals NHS Foundation Trust	An NHS service which is able to offer a Childbirth Review appointment with a Specialist Midwife. The Childbirth Review Service provides time to talk through one's birth with a Midwife, who will listen and provide information about the experience.	Anytime during a subsequent pregnancy or following a birth. Birth partners are welcome to attend.	County	https://sybhealthiertogether.nhs.uk/pregnant-women/maternal-mental-health/i-cant-stop-thinking-about-my-birth-experience dbth.birthinmindservice @nhs.net



Getting More Help

More specialist interventions for more complex needs

Service	Description	Eligibility/criteria for support	Areas covered	Further info/referral info
The Lotus Perinatal Mental Health Midwifery Team Sherwood Forest Hospitals NHS Foundation Trust	Supportive listening, care planning, referrals, midwifery specific input, brief psycho-education, walking group / support can be face-to-face, telephone, at home or in clinic.	Moderate/severe maternal Mental Health using a traffic light referral pathway. Gestation: Any	County	sfh-tr.lotuspmhteam@nhs.net
Specialist Perinatal Mental Health Midwives Nottingham University Hospitals Trust	Casehold some women and birthing people with complex mental health needs/high risk requiring individualised care. Provide additional mental health support in addition to standard midwifery care - face to face, telephone, clinic, home. Obstetric mental health clinic.	Moderate/severe maternal mental health Gestation: Booking - 6 weeks postnatal	County & City	www.nuh.nhs.uk/maternity-emotional-wellbeing



Service	Description	Eligibility/criteria for support	Areas covered	Further info/referral info
Specialist Perinatal Mental Health Midwives Doncaster & Bassetlaw Teaching Hospitals NHS Foundation Trust	Provide mental health support but do not case hold.	Moderate/severe maternal mental health Gestation: Any	County	www.dbth.nhs.uk/services/maternity/your-health-and-wellbeing/
Perinatal Mental Health Team Nottinghamshire Healthcare NHS Trust	Range of interventions as follows: • Clinical Psychology/ CBT Therapists/ Mother Infant Therapy - CBT, EMDR, ACT, DBT, narrative therapy, CFT, couples therapy for depression, VIG and Circle of Security Parenting • Nursery Nurses • Psychiatry • Occupational Therapy • Peer Support and partner peer support • Community Psychiatric Nurses • Neurodivergent Coffee Morning • Circle of Security Parenting Group • Circle of Security Parenting Group for Muslim Mums • Compassion Focussed Therapy Group • Art at the Start • Stay and Play	Women/birthing parents must have a referral and be assessed as appropriate for the service (find further details by following the link) Gestation: 13 weeks + routinely but will see women/birthing parents who are at risk of significant perinatal mental health difficulties who are planning a pregnancy.	County & City	www.nottinghamshirehealthcare.nhs.uk/pmhs-information-for-referrers#referral-forms-and-contact-details or call 0115 952 9477

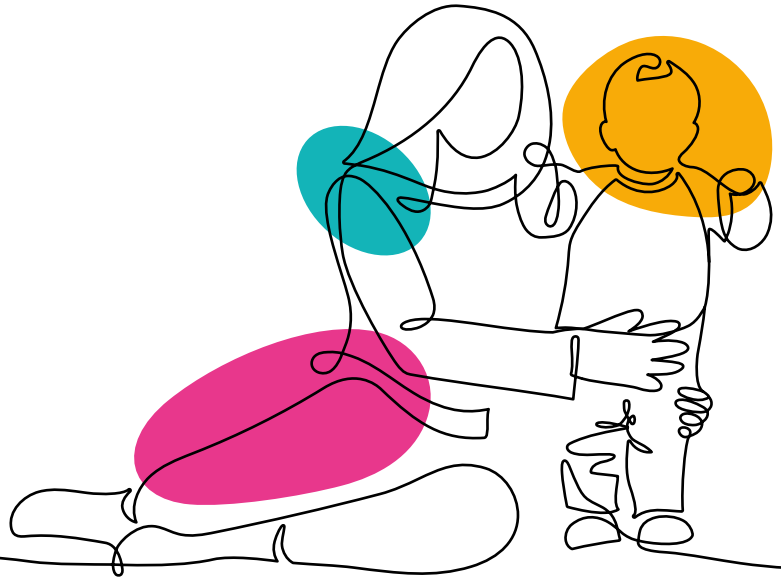
Service	Description	Eligibility/criteria for support	Areas covered	Further info/referral info
Perinatal Trauma and Bereavement Service Nottinghamshire Healthcare NHS Trust	• One-to-one trauma informed midwife-birth planning, birth reflection, fear and anxiety management • Tokophobia intervention • Understanding birth trauma group • One to one psychology/art therapy for PTSD in loss and birth trauma • Pregnancy and baby loss group • Peer support	Women/birthing parents experiencing PTSD following bereavement in the perinatal period (including pregnancy loss, termination of pregnancy and still birth) or birth trauma. Women/birthing parents experiencing severe fear of childbirth. Trauma incident needs to be more that 6 weeks in the past. No gestational referral criteria	County & City	www.nottinghamshirehealthcare.nhs.uk/pmhs-information-for-referrers#referral-forms-and-contact-details or call 0115 952 9477

Getting Risk Support

Service	Description	Eligibility/criteria for support	Areas covered	Further info/referral info
Margaret Oates Mother and Baby Unit Nottinghamshire Healthcare NHS Trust	A range of therapies and activities offered to support pregnant mothers.	Women must have a referral and be assessed as appropriate for the service (find further details by following the link to the referral form).	County & City	www.nottinghamshirehealthcare.nhs.uk/pmhs-information-for-referrers#referral-forms-and-contact-details or call 0115 952 9481

Section 2: Birth - 2 years

2



Thriving and Getting Advice	
Healthy Family Team, NHT - various offers	County
0-19 Best Start, CityCare - various offers	City
GP 6-8 week postnatal check	County & City
Libraries - various offers	County & City
Relationships Really Matter Parent Carer Online Group	County
Support Me CIC	County & City
Healthy Little Minds – drop in sessions	City

Getting Help	
Healthy Family Team, NHT - various offers	County
Birth Reflections Service, SFH	County
Birth Reflection, NUH	City
Birth in Mind, DBTH	County
Nottinghamshire Family Hubs – various offers	County
0-19 Best Start, CityCare - various offers	City
Healthy Little Minds - various offers	City
Nottingham City Best Start Family Hubs - various offers	City
NHS Nottingham and Nottinghamshire Talking Therapies	County & City
Support Me CIC	County & City

Getting More Help	
The Lotus Perinatal Mental Health Midwifery Team, SFH	County
Specialist Perinatal Mental Health Midwives, NUH	County & City
Specialist Perinatal Mental Health Midwives, DBTH	County
Perinatal Mental Health Team, NHT – various offers	County & City
Perinatal Trauma and Bereavement Service, NHT – various offers	County & City

Getting Risk Support	
Margaret Oates Mother and Baby Unit, NHT	County & City

Thriving and Getting Advice

More universal support, early information, and prevention

Service	Description	Eligibility/criteria for support	Areas covered	Further info/referral info
Healthy Family Team 0-19 (HFT) Nottinghamshire Healthcare Trust	**Birth Contact** Assessment of maternal mental health using Whooley and Generalised Anxiety Disorder Questions 1 and 2. Edinburgh Postnatal Depression Score (EPDS) assessment if required. Brazelton Newborn Assessment used here or at 6-8 weeks contact.	Universal Age: 10-14 days	County	www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams/
	6-8 Week Review Brazelton Newborn Assessment used here if not used during birth contact.	Universal Age: 6-8 weeks	County	www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams/
	8-12 Month Review Assessment of maternal mental health using Whooley and GAD 2.	Universal Age: 8-12 months	County	www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams/



Service	Description	Eligibility/criteria for support	Areas covered	Further info/referral info
0-19 Best Start Nottingham CityCare Partnership	**Birth Contact** Assessment of maternal mental health using Whooley and GAD 2 on face to face contacts. Will also use PHQ-9 and GAD 7 for assessment if concerns arise.	Universal Age: 10-14 days	City	www.nottinghamcitycare.nhs.uk/our-services/childrens-public-health-0-19-nursing-service
	6-8 Week Review Assessment of maternal mental health using Whooley and GAD 2 on face to face contacts. Will also use PHQ-9 and GAD 7 for assessment if concerns arise.	Universal Age: 6-8 weeks	City	www.nottinghamcitycare.nhs.uk/our-services/childrens-public-health-0-19-nursing-service
	9-12 Month Review If completed by a Health Visitor Whooley and GAD 2 are asked. If completed by another member of the team they ask; How the parents have been feeling and how the parents have been coping. Any concerns are escalated to a Health Visitor.	Universal Age: 9-12 months	City	www.nottinghamcitycare.nhs.uk/our-services/childrens-public-health-0-19-nursing-service

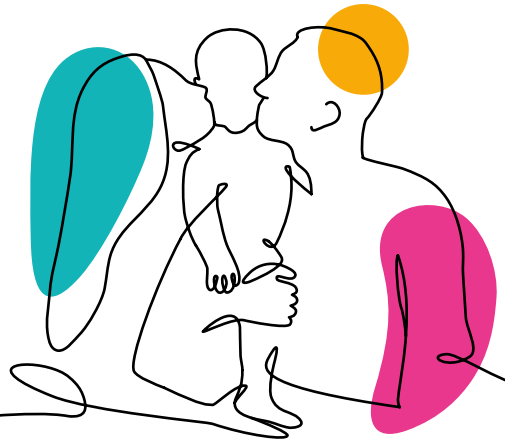
Service	Description	Eligibility/criteria for support	Areas covered	Further info/referral info
GP 6-8 week postnatal check NHS	A postnatal check should be offered 6 to 8 weeks after a baby's birth to make sure the birthing person feels well and is recovering properly.	Universal Age: 6-8 weeks	City & County	www.nhs.uk/baby/support-and-services/your-6-week-postnatal-check/
Nottinghamshire Inspire Libraries	**Lullaby Bank Sessions** Face to face sessions which involve singing a variety of lullabies from around the globe, baby-massage techniques and signing.	Specifically designed for the needs of expectant mums in their third trimester babies aged 0 to 9 months. Age: Pregnancy – 9 months old	County	www.inspireculture.org.uk/whats-on/events/the-lullaby-bank/
	Sessions for under 5s Various sessions available for babies and toddlers such as Rattle, Rhyme and Roll and Story Hullaballoo, offering a relaxed space to enjoy stories and rhymes together.	Universal Age: Birth – 5 yrs	County	www.inspireculture.org.uk/reading-information/childrens-library/
Nottingham City Libraries	**Totstime, Story and Play Sessions** Face to face 30-minute relaxed, friendly sessions for parents/caregivers to spend quality time with their babies and toddlers and meet other parents too.	Universal Age: Babies and toddlers under 5	City	www.nottinghamcitylibraries.co.uk/totstime/

Service	Description	Eligibility/criteria for support	Areas covered	Further info/referral info
Relationships Really Matter Parent Carer Online Group Nottinghamshire County Council	Helps parents/carers to work better together, whether parenting together or apart. Exploring disagreements, arguments & ways we communicate.	Universal Age: Any	County	reduceparentalconflict @nottscc.gov.uk
Support Me CIC	Culturally-aligned information, guidance, doula service and peer support from pregnancy until 5 years after birth. Free pre-recorded antenatal education sessions. Tailored online and face-to-face pregnancy groups and support via Muslim Village in Nottingham City and Polish Village in Newark.	Age: Pregnancy – 5 years	County & City	https://supportmecic.com/
Healthy Little Minds drop in sessions at Best Start Family Hubs and Joint Service Centres Nottingham City Council	Find out more about how Healthy Little Minds can help you bond with your baby. Mums, Dads and carers welcome to the sessions which support people both before and after baby is born. Drop-in sessions are in 2 hour windows.	Universal Age: Pregnancy – 2 yrs	City	www.earlyhelpnottingham.org.uk/news-and-events/news/healthy-little-minds-dropin-sessions

Getting Help

More targeted support for emerging or mild to moderate needs

Service	Description	Eligibility/criteria for support	Areas covered	Further info/referral info
Healthy Family Team 0-19 (HFT) Nottinghamshire Healthcare Trust	**Targeted 3-4 month contact** Assessment of maternal mental health using Whooley and Generalised Anxiety Disorder Questions 1 and 2. Edinburgh Postnatal Depression Score (EPDS) assessment completed if required.	Targeted to all first time parents and at families who have been identified as potentially needing a bit more support. Age: 3-4 months	County	www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams/
	Support visits An opportunity for families to get additional support based upon their needs.	Offered to all parents. Age: Birth – 1 years	County	www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams/



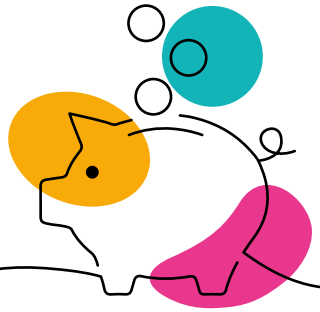
Service	Description	Eligibility/criteria for support	Areas covered	Further info/referral info
continued... **Healthy Family Team 0-19 (HFT)** Nottinghamshire Healthcare Trust	**Best Start Nurses** The Best Start team complete mandatory reviews and offer therapeutic sessions focussed on the parental -infant relationship to strengthen attachment. Support is tailored to meet individual needs which may include Video interactive guidance (VIG), baby massage, tuning into and responding to baby cues. Emotional availability, mind mindfulness and child development.	When enduring or current parental health is impacting on the parent-infant relationship. Or parents that require additional support to strengthen the parent-infant relationship and nurture child development. Age: Pregnancy – 4 months old	County	www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams/ beststartteam@nottshc.nhs.uk
	Targeted intervention contacts Supportive contacts offered to review health needs if required for children aged 1-5 years old e.g. request to support around development or parental mental health.	Support requested within commissioned service remit Age: 1-5 years	County	www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams/

Service	Description	Eligibility/criteria for support	Areas covered	Further info/referral info
Birth Reflections Service Sherwood Forest Hospitals NHS Foundation Trust	A 1:1 session can be provided with a Professional Midwifery Advocate (PMA) or midwife which offers the opportunity to: • Talk through a birth experience • Ask questions about what happened and why • Better understand care received • Reflect on thoughts and feelings • Support planning for a future pregnancy	Anytime during a subsequent pregnancy or following a birth. Birth partners are welcome to attend.	For those who have given birth at Sherwood Forest Hospital	To request an appointment, email: fh-tr.pmateam@nhs.net with: • parents name • parents contact telephone number • baby's date of birth (if comfortable sharing) www.sfh-tr.nhs.uk/services/maternity/your-guide-to-maternity-care-kings-mill-hospital/birth-afterthoughts/
Birth Reflection Nottingham University Hospitals Trust	A safe reflective space with an experienced Midwife to discuss what happened during and after birth. This provides an opportunity to understand what happened and to ask any questions, using the documentation available to support discussion.	Anytime during a subsequent pregnancy or following a birth. Birth partners are welcome to attend.	County & City	Please contact service for a referral form. These forms can be filled out on parents behalf if needed, but should always be with consent. Nuhnt.birthreflections@nhs.net

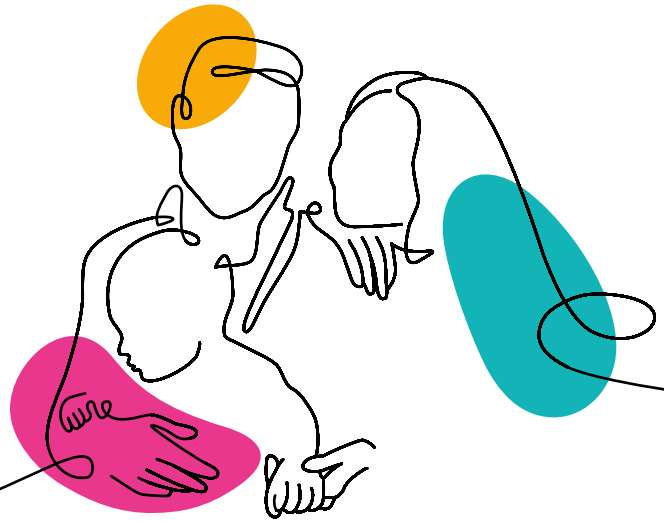
Service	Description	Eligibility/criteria for support	Areas covered	Further info/referral info
Birth in Mind Doncaster & Bassetlaw Teaching Hospitals NHS Foundation Trust	An NHS service which is able to offer a Childbirth Review appointment with a Specialist Midwife. The Childbirth Review Service provides time to talk through one's birth with a Midwife, who will listen and provide information about the experience.	Anytime during a subsequent pregnancy or following a birth. Birth partners are welcome to attend.	County	https://sybhealthiertogether.nhs.uk/pregnant-women/maternal-mental-health/i-cant-stop-thinking-about-my-birth-experience dbth.birthinmindservice@nhs.net
Nottinghamshire Family Hubs Nottinghamshire County Council	**New Parents Group** Focuses on building positive relationships between parents/carers and their new baby. It includes adjusting to parenthood, play and development, getting to know your baby, promoting bonding and attachment.	For further information contact the local Family Hub. Age: 0-6 months	County	www.nottinghamshire.gov.uk/care/family-hub-networks/pregnancy-and-new-parents
	Baby Massage The programme gives parents/carers the knowledge to practise massage safely with their babies. They learn how to understand their baby's non-verbal cues, the best time to massage, oils to use, babies stress, and how babies self-calm. 5 week course.	For further information contact the local Family Hub. Age: Approx 8 weeks-6 months (not yet crawling)	County	www.nottinghamshire.gov.uk/care/family-hub-networks/pregnancy-and-new-parents

Service	Description	Eligibility/criteria for support	Areas covered	Further info/referral info
continued... **Nottinghamshire Family Hubs** Nottinghamshire County Council	**Baby PEEP** It is aimed at supporting parents and carers as their child's first educator to guide and nurture their child's learning and development. 6 week course.	Home Learning Environment and play/stimulation identified as an area for support. Age: Birth – 1 year	County	www.nottinghamshire.gov.uk/care/family-hub-networks/pregnancy-and-new-parents
	Toddler PEEP It is aimed at supporting parents and carers as their child's first educator to guide and nurture their child's learning and development. 6 week course.	Children who would benefit from support to meet milestones, or with limited opportunities for play and stimulation in the home, parents/carers with low mood or postnatal depression, or those who would benefit from support to build their confidence around interacting with their child. Age: 1 – 5 years	County	www.nottinghamshire.gov.uk/care/family-hub-networks/pregnancy-and-new-parents
	PHEW *(Parents Health & Emotional Wellbeing) Group* Time limited support group where a parent is experiencing mild to moderate mental health difficulties. The group offers a safe environment to talk and gain support. Weekly or fortnightly group for 6 weeks.	Parents experiencing low mood, anxiety, struggling to cope, social isolation and/or loneliness. Age: Birth – 5 years	County	www.yournottsdirectory.org.uk/directory/services/nottinghamshire-phew-groups

Service	Description	Eligibility/criteria for support	Areas covered	Further info/referral info
continued... **Nottinghamshire Family Hubs** Nottinghamshire County Council	**Family Hub 1:1 Support** Support for families around health and wellbeing, parenting, development, bonding and attachment, increasing social networks and finances and getting into work.	For further information contact the local Family Hub. Age: Pregnancy – 5 years	County	www.nottinghamshire.gov.uk/care/family-hub-networks/information-for-professionals/make-a-referral-to-a-family-hub-network
	Opening Doors with Confidence 6-week course helps increase parents confidence by providing tools and strategies to make a positive change in behaviours.	For further information contact the local Family Hub. Age: Birth – 5 years	County	www.nottinghamshire.gov.uk/care/family-hub-networks/information-for-professionals/make-a-referral-to-a-family-hub-network
	Theraplay Support to strengthen relationships between parent and child through simple tailored activities focussing on different aspects of interaction, play and nurture.	Children and their family identified as needing support to strengthen their relationships. For further information contact the local Family Hub.	County	www.nottinghamshire.gov.uk/care/family-hub-networks/information-for-professionals/make-a-referral-to-a-family-hub-network



Service	Description	Eligibility/criteria for support	Areas covered	Further info/referral info
0-19 Best Start Nottingham CityCare Partnership	**Emotional and well being visits** Support provided for up to 6 sessions, 1 or 2 weekly depending on individual need.	For birthing or non-birthing partners scoring high mild to moderate on the PHQ-9 or GAD-7 or based upon need of the client. Age: Pregnancy - 2 years	City	www.nottinghamcitycare.nhs.uk/our-services/childrens-public-health-0-19-nursing-service
	Targeted 3-4 month review Maternal mental health is discussed and assessed using Wholley, PHQ-9 and GAD-7 by a Health Visitor.	Age: 3-4 months	City	www.nottinghamcitycare.nhs.uk/our-services/childrens-public-health-0-19-nursing-service

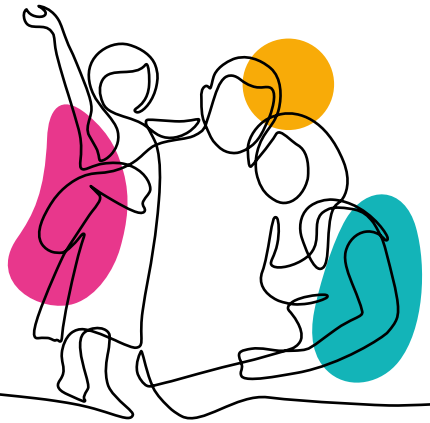


Service	Description	Eligibility/criteria for support	Areas covered	Further info/referral info
Healthy Little Minds Nottingham City Council	**Parent-Infant Relationship Team** Helping parents and carers build strong, nurturing relationships with their babies. Provide support and practical tools to help parents/ carers understand baby's needs and support their emotional development. Range of interventions include: • Video Interactive Guidance • Mellow Bumps, Dads and Going Together • Togetherness Parenting Groups • Watch Wait Wonder • Baby Massage • New Born Behavioural Observation • Psychotherapy interventions, including Parent-Infant Psychotherapy • Consultations • Drop-ins in city Family Hubs	Healthy Little Minds work with mums, dads and carers. Age: pregnancy – 2 years The service can offer support until 5 years, with primary referrals between 0-2.	City	www.yournottsdirectory.org.uk/healthylittleminds Give us a call: 0115 876 1771 Or Email: hlm@nottinghamcity.gov.uk

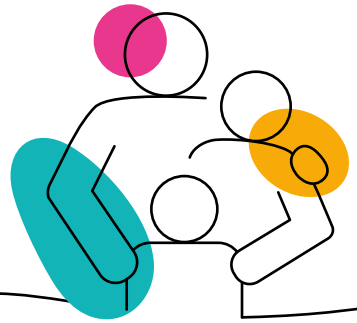
Service	Description	Eligibility/criteria for support	Areas covered	Further info/referral info
Nottingham City Best Start Family Hubs Nottingham City Council	**PEEP Watch me Grow** An evidence-based programme which supports parents in enhancing the home learning environment and their child's development. Peep can support parents in making a real difference just by talking, playing, singing and sharing books or activities together – group sessions.	Universal Age: Birth – 9 months	City	www.earlyhelpnottingham.org.uk/support-for-families/family-hub-funded-services/early-help-self-referral
	Baby Massage Baby massage involves using gentle, rhythmic strokes on an infant's body to promote bonding, relaxation.	Universal Age: 8 weeks – approx. 8 months.	City	www.earlyhelpnottingham.org.uk/support-for-families/family-hub-funded-services/early-help-self-referral
	PEEP Inbetweenies An evidence-based programme which supports parents in enhancing the home learning environment and their child's development. Peep can support parents in making a real difference just by talking, playing, singing and sharing books or activities together – group sessions.	Universal Age: 9 months – 1 ½ years	City	www.earlyhelpnottingham.org.uk/support-for-families/family-hub-funded-services/early-help-self-referral

Service	Description	Eligibility/criteria for support	Areas covered	Further info/referral info
Continued... **Nottingham City Best Start Family Hubs** Nottingham City Council	**PEEP Getting Ready For Nursery** An evidence-based programme which supports parents in enhancing the home learning environment and their child's development. Peep can support parents in making a real difference just by talking, playing, singing and sharing books or activities together – group sessions	Universal Age: 1 ½ - 5 years	City	www.earlyhelpnottingham.org.uk/support-for-families/family-hub-funded-services/early-help-self-referral
	PEEP Chatter Matters Information on Speech, language and communication development. Group sessions.	Universal Age: 1 ½ - 5 years	City	www.earlyhelpnottingham.org.uk/support-for-families/family-hub-funded-services/early-help-self-referral
	Triple P for Baby Triple P for Baby 6 week face to face course aims to prepare parents for a positive transition to parenthood and the first year with baby, promoting sensitive and responsive care in the perinatal period.	Universal Age: 20 weeks pregnant – 1 year	City	www.earlyhelpnottingham.org.uk/support-for-families/family-hub-funded-services/early-help-self-referral

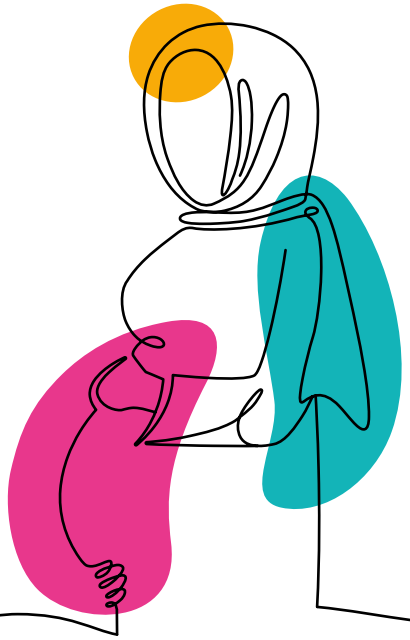
Service	Description	Eligibility/criteria for support	Areas covered	Further info/referral info
Continued... **Nottingham City Best Start Family Hubs** Nottingham City Council	**Best Start Family Hub 1:1 Support** Support for families around health and wellbeing, parenting, child development, behaviour support, increasing social networks, play in the home, referrals to foodbanks and other charities.	Universal Age: Pregnancy – 5 years	City	www.earlyhelpnottingham.org.uk/support-for-families/family-hub-funded-services/early-help-self-referral
	Young Parents Connect Peer support group for mums and dads up to 25 years and their children. The group offers a weekly themed drop-in session providing a range of relevant & engaging discussions around different topics, activities and guest speakers.	Parents under the age of 25 years. Age: Pregnancy – 5 years	City	www.earlyhelpnottingham.org.uk/groups-and-activities/young-parents-together www.earlyhelpnottingham.org.uk/support-for-families/family-hub-funded-services/early-help-self-referral



Service	Description	Eligibility/criteria for support	Areas covered	Further info/referral info
Continued... **Nottingham City Best Start Family Hubs** Nottingham City Council	**Togetherness (group based)** Supports emotional development and relational health. Its core principles are: • Understanding behaviour as communication • Understanding relationships as the foundation for development • Promoting emotional containment • Fostering reflective practice • Building resilience through connection Online access is also available to a range of free learning programmes, from pregnancy onwards.	Universal Age: For parent / carers with children aged 0-5 years	City	www.earlyhelpnottingham.org.uk/support-for-families/family-hub-funded-services/early-help-self-referral https://togetherness.co.uk/learn/



Service	Description	Eligibility/criteria for support	Areas covered	Further info/referral info
NHS Nottingham and Nottinghamshire Talking Therapies	Cognitive Behavioural Therapy (CBT), Digital CBT, Webinars, Psychological wellbeing support. One to one, online or group.	Mild to moderate depression and anxiety. Prioritise any woman/her partner/ the father within 1 year of pregnancy, and up to 2 years when they have their child in their care.	County & City	https://notts-talk.co.uk/contact-us/
Support Me CIC	Culturally-aligned online and face-to-face groups and support via Muslim Village in Nottingham City and Polish Village in Newark. Offer perinatal counselling for Muslim women between pregnancy and 18 months postpartum.	Age: Pregnancy – 5 years	County & City	https://supportmecic.com/



Getting More Help

More specialist interventions for more complex needs

Service	Description	Eligibility/criteria for support	Areas covered	Further info/referral info
The Lotus Perinatal Mental Health Midwifery Team Sherwood Forest Hospitals NHS Foundation Trust	Supportive listening, care planning, referrals, midwifery specific input, brief psycho-education, walking group / support can be face-to-face, telephone, at home or in clinic.	Moderate/severe maternal Mental Health using a traffic light referral pathway. Age: Birth – 8 weeks	County	sfh-tr.lotuspmhteam@nhs.net
Specialist Perinatal Mental Health Midwives Nottingham University Hospitals Trust	Casehold some women and birthing people with complex mental health needs /high risk requiring individualised care. Provide additional mental health support in addition to standard midwifery care - face to face, telephone, clinic, home. Obstetric mental health clinic.	Moderate/severe maternal mental health Age: Pregnancy – 8 weeks	County & City	www.nuh.nhs.uk/maternity-emotional-wellbeing
Specialist Perinatal Mental Health Midwives Doncaster & Bassetlaw Teaching Hospitals NHS Foundation Trust	Provide mental health support but do not case hold.	Moderate/severe maternal mental health. Age: Pregnancy – 8 weeks	County	www.dbth.nhs.uk/services/maternity/your-health-and-wellbeing/

Service	Description	Eligibility/criteria for support	Areas covered	Further info/referral info
Perinatal Mental Health Team Nottinghamshire Healthcare NHS Trust	Range of interventions as follows: • Clinical Psychology/ CBT Therapists/ Mother Infant Therapy - CBT, EMDR, ACT, DBT, narrative therapy, CFT, couples therapy for depression, VIG and Circle of Security Parenting • Nursery Nurses • Psychiatry • Occupational Therapy • Peer Support and partner peer support • Community Psychiatric Nurses • Neurodivergent Coffee Morning • Circle of Security Parenting Group • Circle of Security Parenting Group for Muslim Mums • Compassion Focussed Therapy Group • Art at the Start • Stay and Play	Women/birthing parents must have a referral and be assessed as appropriate for the service (find further details by following the link). Age: Pregnancy – 1 year routinely. From 12 to 24 months post-partum, they may receive continued care from the service if the need remains perinatal.	County & City	www.nottinghamshirehealthcare.nhs.uk/pmhs-information-for-referrers#referral-forms-and-contact-details or call 0115 952 9477

Service	Description	Eligibility/criteria for support	Areas covered	Further info/referral info
Perinatal Trauma and Bereavement Service Nottinghamshire Healthcare NHS Trust	• Birth reflection, fear and anxiety management • Understanding birth trauma group • One to one psychology/ art therapy for PTSD in loss and birth trauma • Pregnancy and baby loss group • Peer support	Women/birthing parents experiencing PTSD following bereavement in the perinatal period (including pregnancy loss, termination of pregnancy and still birth) or birth trauma. Women/birthing parents experiencing severe fear of childbirth. Trauma incident needs to be more that 6 weeks in the past.	County & City	www.nottinghamshirehealthcare.nhs.uk/pmhs-information-for-referrers#referral-forms-and-contact-details or call 0115 952 9477

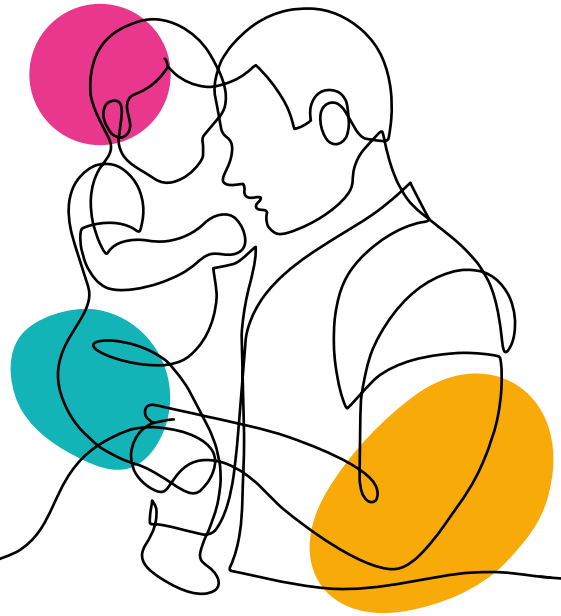
Getting Risk Support

Service	Description	Eligibility/criteria for support	Areas covered	Further info/referral info
Margaret Oates Mother and Baby Unit Nottinghamshire Healthcare NHS Trust	A range of therapies and activities offered to support pregnant mothers.	Women must have a referral and be assessed as appropriate for the service (find further details by following the link to the referral form)	County & City	www.nottinghamshirehealthcare.nhs.uk/pmhs-information-for-referrers#referral-forms-and-contact-details or call 0115 952 9481



Section 3: 2 - 5 years

3



Thriving and Getting Advice	
Healthy Family Team 2 – 2 ½ Year Review, NHT	County
0-19 Best Start 2 – 2 ½ Year Review, CityCare	City
Libraries	County & City
For parents/carers:	
Relationships Really Matter Parent Carer Online Group	County
Support Me CIC	County & City

Getting Help	
Healthy Family Team targeted intervention contacts, NHT	County
0-19 Best Start support with emotions by CYP Practitioners or Community Public Health Nurses, CityCare	City
Nottinghamshire Family Hubs – various offers	County
Nottingham City Best Start Family Hubs – various offers	City
Healthy Little Minds	City
ABL Health	County & City
For parents/carers:	
Nottinghamshire Family Hubs PHEW Groups and Opening Doors with Confidence	County
Nottingham City Best Start Family Hubs – Young Parents Connect	City
NHS Nottingham and Nottinghamshire Talking Therapies	County & City

Getting More Help	
For parents/carers:	
Perinatal Trauma and Bereavement Service, NHT – various offers	County & City

Thriving and Getting Advice

More universal support, early information, and prevention

Service	Description	Eligibility/criteria for support	Areas covered	Further info/referral info
Healthy Family Team 0-19 (HFT) 2 – 2 ½ Year Review Nottinghamshire Healthcare Trust	Assessment of child's development through completing the Ages and Stages Questionnaire (ASQ).	Universal Age: 2 years	County	www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams/
0-19 Best Start 2 – 2 ½ Year Review Nottingham CityCare Partnership	Assessment of child's development through completing the Ages and Stages Questionnaire (ASQ).	Universal Age: 2 years	City	www.nottinghamcitycare.nhs.uk/our-services/childrens-public-health-0-19-nursing-service
Relationships Really Matter Parent Carer Online Group Nottinghamshire County Council	Helps parents/carers to work better together, whether parenting together or apart. Exploring disagreements, arguments & ways we communicate.	Universal Age: Any	County	reduceparentalconflict@nottscc.gov.uk
Support Me CIC	Culturally-aligned information, guidance, doula service and peer support from pregnancy until 5 years after birth. Tailored online and face-to-face groups and support via Muslim Village in Nottingham City and Polish Village in Newark.	Age: Pregnancy – 5 years	County & City	https://supportmecic.com/

Service	Description	Eligibility/criteria for support	Areas covered	Further info/referral info
Nottinghamshire Inspire Libraries	**Sessions for under 5s** Various sessions available for babies and toddlers such as Rattle, Rhyme and Roll and Story Hullaballoo, offering a relaxed space to enjoy stories and rhymes together.	Universal Age: Birth – 5 yrs	County	www.inspireculture.org.uk/reading-information/childrens-library/
Nottingham City Libraries	**Totstime, Story and Play Sessions** Face to face 30-minute relaxed, friendly sessions for parents/caregivers to spend quality time with their babies and toddlers and meet other parents too.	Universal Age: Babies and toddlers under 5	City	www.nottinghamcitycare.nhs.uk/our-services/childrens-public-health-0-19-nursing-service

Getting Help

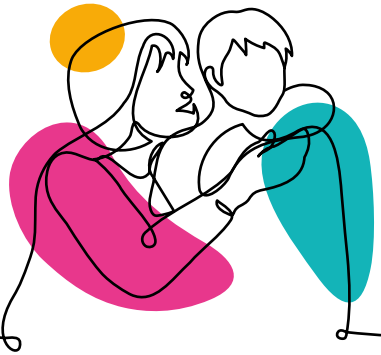
More targeted support for emerging or mild to moderate needs

Service	Description	Eligibility/criteria for support	Areas covered	Further info/referral info
Healthy Family Team 0-19 (HFT) targeted intervention contacts Nottinghamshire Healthcare Trust	Supportive contacts offered to review health needs if required for children aged 1-5 years old e.g. request for support around development or parental mental health.	Within Commissioning agreements – brief interventions if required i.e. school readiness, development, toilet training, behaviour etc. Age: 1-5 years	County	www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams/
0-19 Best Start support with emotions by CYP Practitioners or Community Public Health Nurses Nottingham CityCare Partnership	Use of packages of care such as sleep or behaviour.	Universal Age: 2 – 5 years	City	www.nottinghamcitycare.nhs.uk/our-services/childrens-public-health-0-19-nursing-service
Nottinghamshire Family Hubs Nottinghamshire County Council	**Toddler PEEP** It is aimed at supporting parents and carers as their child's first educator to guide and nurture their child's learning and development. 6 week course.	Children who would benefit from support to meet milestones, or with limited opportunities for play and stimulation in the home, parents/carers with low mood or postnatal depression, or those who would benefit from support to build their confidence around interacting with their child. Age: 1 – 5 years	County	www.nottinghamshire.gov.uk/care/family-hub-networks/information-for-professionals/make-a-referral-to-a-family-hub-network

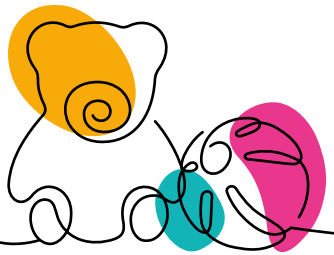
Service	Description	Eligibility/criteria for support	Areas covered	Further info/referral info
continued... **Nottinghamshire Family Hubs** Nottinghamshire County Council	**PEEP Little Sparkles for children with emerging SEND** Supports parents to develop sensitive and responsive relationships with their babies and young children and improve the home Learning Environment. 6 weekly sessions	Parents of children with/or emerging SEND who do not meet thresholds for specialist services, children who would benefit from support to help them fulfil their potential, those at risk of developmental delay and /or an additional need has been identified and those with developmental delay and/or language and communication needs that struggle to be in a group or structured setting. Age: 2 – 5 years	County	www.nottinghamshire.gov.uk/care/family-hub-networks/information-for-professionals/make-a-referral-to-a-family-hub-network
	PHEW *(Parents Health & Emotional Wellbeing) Group* Time limited support group where a parent is experiencing mild to moderate mental health difficulties. The group offers a safe environment to talk and gain support. Weekly or fortnightly group for 6 weeks.	Parents experiencing low mood, anxiety, struggling to cope, social isolation and/or loneliness. Age: Birth – 5 years	County	www.yournottsdirectory.org.uk/directory/services/nottinghamshire-phew-groups



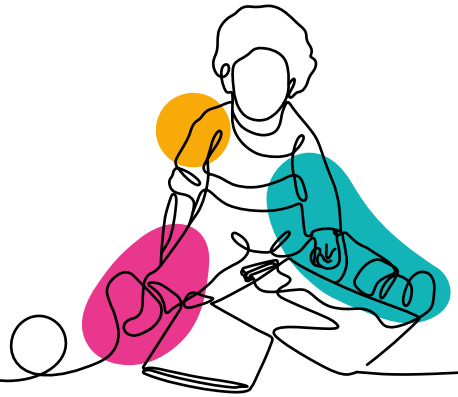
Service	Description	Eligibility/criteria for support	Areas covered	Further info/referral info
continued... **Nottinghamshire Family Hubs** Nottinghamshire County Council	**Dealing with a feeling** Key elements of the programme include supporting children to recognise, acknowledge, and understand the difference between a range of feelings, emotions, and behaviours and to develop techniques to help regulate, communicate and manage these. 6 sessions weekly or fortnightly.	Children with an identified emotional health and well-being need. Age: 2-5 years	County	www.nottinghamshire.gov.uk/care/family-hub-networks/information-for-professionals/make-a-referral-to-a-family-hub-network
	Family Hub 1:1 Support Support for families around health and wellbeing, parenting, development, bonding and attachment, increasing social networks and finances and getting into work.	For further information contact the local Family Hub. Age: Pregnancy – 5 years	County	www.nottinghamshire.gov.uk/care/family-hub-networks/information-for-professionals/make-a-referral-to-a-family-hub-network



Service	Description	Eligibility/criteria for support	Areas covered	Further info/referral info
continued... **Nottinghamshire Family Hubs** Nottinghamshire County Council	**Opening Doors with Confidence** 6 week course helps increase parents confidence by providing tools and strategies to make a positive change in behaviours.	For further information contact the local Family Hub. Age: Birth – 5 years	County	www.nottinghamshire.gov.uk/care/family-hub-networks/information-for-professionals/make-a-referral-to-a-family-hub-network
	Theraplay Support to strengthen relationships between parent and child through simple tailored activities focussing on different aspects of interaction, play and nurture.	Children and their family identified as needing support to strengthen their relationships. For further information contact the local Family Hub.	County	www.nottinghamshire.gov.uk/care/family-hub-networks/information-for-professionals/make-a-referral-to-a-family-hub-network
Nottingham City Best Start Family Hubs Nottingham City Council	**1:1 Support** Support for families around health and wellbeing, parenting, child development, increasing social networks, play in the home, support with benefits and returning to training / work, referrals to foodbanks and other charities.	Universal Age: Pregnancy – 5 years	City	www.earlyhelpnottingham.org.uk/support-for-families/family-hub-funded-services/early-help-self-referral



Service	Description	Eligibility/criteria for support	Areas covered	Further info/referral info
continued... **Nottingham City Best Start Family Hubs** Nottingham City Council	**Togetherness (group based)** Supports emotional development and relational health. Its core principles are: • Understanding behaviour as communication • Understanding relationships as the foundation for development • Promoting emotional containment • Fostering reflective practice • Building resilience through connection Online access is also available to a range of free learning programmes, from pregnancy onwards.	Universal Age: For parent / carers with children aged 0-5	City	www.earlyhelpnottingham.org.uk/support-for-families/family-hub-funded-services/early-help-self-referral https://togetherness.co.uk/learn/



Service	Description	Eligibility/criteria for support	Areas covered	Further info/referral info
continued... **Nottingham City Best Start Family Hubs** Nottingham City Council	**PEEP Getting Ready For Nursery** An evidence-based programme which supports parents in enhancing the home learning environment and their child's development. Peep can support parents in making a real difference just by talking, playing, singing and sharing books or activities together – group session.	Universal Age: 1 ½ - 5 years	City	www.earlyhelpnottingham.org.uk/support-for-families/family-hub-funded-services/early-help-self-referral
	PEEP Chatter Matters Information on Speech, language and communication development. Group sessions.	Universal Age: 1 ½ - 5 years	City	www.earlyhelpnottingham.org.uk/support-for-families/family-hub-funded-services/early-help-self-referral
	Young Parents Connect Peer support group for mums and dads up to 25years and their children. The group offers a weekly themed drop-in session providing a range of relevant & engaging discussions around different topics, activities and guest speakers.	Parents under the age of 25 years. Age: pregnancy – 5 years	City	www.earlyhelpnottingham.org.uk/groups-and-activities/young-parents-together or call 0115 876 1320

Service	Description	Eligibility/criteria for support	Areas covered	Further info/referral info
Healthy Little Minds	**Parent-Infant Relationship Team** Helping parents and carers build strong, nurturing relationships with their babies. Provide support and practical tools to help parents/ carers understand baby's needs and support their emotional development. Range of interventions include: • Video Interactive Guidance • Mellow Bumps, Dads and Going Together • Togetherness Parenting Groups • Watch Wait Wonder • Baby Massage • New Born Behavioural Observation • Psychotherapy interventions, including Parent-Infant Psychotherapy • Consultations • Drop-ins in city Family Hubs	Healthy Little Minds work with mums, dads and carers. Age: pregnancy – 5 years The service can offer support until 5 years, with primary referrals between 0-2.	City	www.yournottsdirectory.org.uk/healthylittleminds Give us a call: 0115 876 1771 Or Email: hlm@nottinghamcity.gov.uk

Service	Description	Eligibility/criteria for support	Areas covered	Further info/referral info
NHS Nottingham and Nottinghamshire Talking Therapies	Can provide parents and carers with Cognitive Behavioural Therapy (CBT), Digital CBT, Webinars, Psychological wellbeing support. One to one, online or group.	Adults with mild to moderate depression and anxiety. Prioritise any woman/ partner/father within 1 year of pregnancy, and up to 2 years when they have their child in their care.	County & City	https://notts-talk.co.uk/contact-us/
ABL Health Be You Notts	Can provide children with Creative Therapies- Music and Dance & Movement	For children needing additional support with emotional regulation and anxiety. Age: approx. 4 years +	County & City	beu.notts@ablhealth.co.uk or call 0115 708 0008

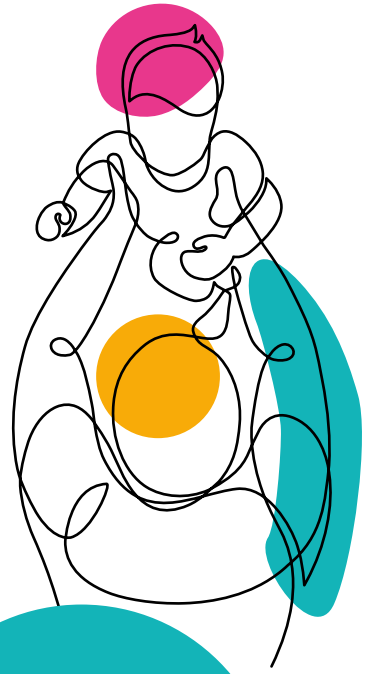
Getting More Help

More specialist interventions for more complex needs

Service	Description	Eligibility/criteria for support	Areas covered	Further info/referral info
Perinatal Trauma and Bereavement Service Nottinghamshire Healthcare NHS Trust	• Birth reflection, fear and anxiety management • Understanding birth trauma group • One to one psychology/ art therapy for PTSD in loss and birth trauma • Pregnancy and baby loss group • Peer support	Women/birthing parents experiencing PTSD following bereavement in the perinatal period (including pregnancy loss, termination of pregnancy and still birth) or birth trauma. Women/birthing parents experiencing severe fear of childbirth. Trauma incident needs to be more that 6 weeks in the past.	County & City	www.nottinghamshirehealthcare.nhs.uk/pmhs-information-for-referrers#referral-forms-and-contact-details or call 0115 952 9477

Section 4: Local Online Resources

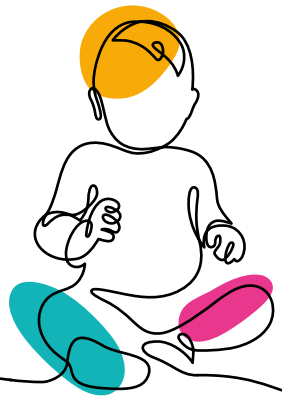
Service	Areas covered
NottAlone Local mental health advice and help for people in Nottingham and Nottinghamshire: https://nottalone.org.uk/aa/	County & City
Your Notts Directory Directory of information and support available across Nottingham and Nottinghamshire: www.yournottsdirectory.org.uk/	County & City
ICB Bereavement Service Directory Local and National support for when a family experiences a baby loss during or soon after pregnancy: https://notts.icb.nhs.uk/your-services/maternity/	County & City
Best Start Offer Outlines local Nottinghamshire services and support from pregnancy to 5 years: www.yournottsdirectory.org.uk/best-start-for-life/nottinghamshire-best-start-offer	County
Best Start for Life - Healthy Babies Offer Outlines local Nottingham City services and support from pregnancy to 2 years: www.earlyhelpnottingham.org.uk/support-for-families/family-hub-funded-services/start-for-life	City
Dads Pack Full of information for all dads expecting a baby from employment rights to bonding with baby: https://fatherinclusion.org/hub/packs/small-steps-big-changes Further information can also be found on Your Notts Directory: www.yournottsdirectory.org.uk/	County & City
Me, You and Baby Too Online Resource Online course providing support to navigate changes that happen in a relationship when a baby arrives, including talking about difficult topics: www.oneplusone.org.uk/parents	County
Togetherness A range of online learning pathways based on principles of containment, reciprocity and behaviour management, from antenatal to adolescence: https://togetherness.co.uk/mul/nottingham/ https://togetherness.co.uk/mul/nottinghamshire/	City & County



Parents may experience a range of emotions during pregnancy and the early years, including joy, uncertainty, anxiety, stress, loss, trauma or difficulties bonding with their baby. These experiences can affect how parents feel about and relate to their infant.

Every interaction with a family is an opportunity to support and strengthen parent–infant relationships. By noticing, listening and having supportive, non-judgemental conversations, practitioners can promote infant mental health, identify emerging difficulties and ensure families access the right support at the earliest opportunity.

5



Section 5: Supporting Parent-Infant Relationships

Guidance for relationship-focused conversations

The Department of Health and Social Care's Reflecting on Parent–Infant Relationships guidance (2024) recommends a three step framework for identifying relationship difficulties. Within this there are three simple prompts that can help you as practitioners to explore the parent's experience of their relationship with their baby.

Step 1: Starting the conversation

The first step of the framework looks at using the 3 questions to start the conversation with the caregiver about the relationship they have with their baby:

1. What is your baby like?
2. How do you think your baby feels when they are upset, happy or seeking comfort?
3. How has it been for you becoming a parent to this baby?

Observing the relationship between a baby and their parent or carer is a valuable addition to asking these prompt questions. Although we cannot ask babies about their relationship with their parent or carer, by watching them closely we can begin to understand their experience of the relationship.

Step 2: Identifying potential strengths and areas of need

This step of the framework looks at further exploring the answers the caregiver gave in step 1, especially if the answers raised concerns for you. This step of the framework covers the use of clinically validated assessment tools to investigate further.

Step 3: Signposting, referring or providing further support

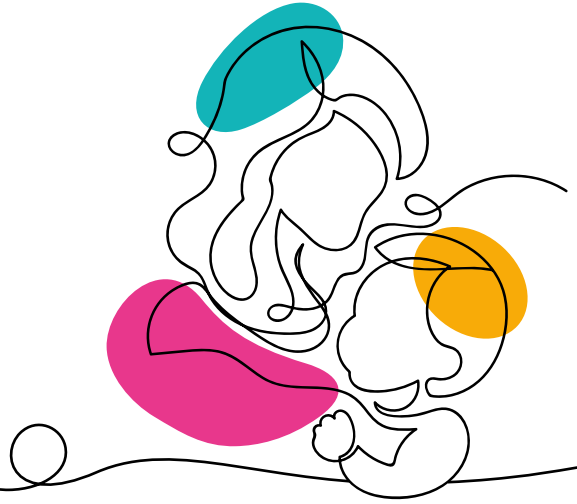
The final step of the framework looks at referring families and caregivers for additional support if you think it is appropriate.

Principles for relationship-focused conversations

Conversations about parent–infant relationships should be embedded within routine contacts across pregnancy and the early years. As Practitioners it's important to adopt a curious, compassionate and strengths-based approach, recognising that relationship difficulties can often be linked to wider experiences such as parental mental health difficulties, trauma, social isolation, domestic abuse, financial pressures or adverse childhood experiences.

Key principles include:

- ✔ Create a safe and non-judgemental environment.
- ✔ Be genuinely interested in the parent's experience of their baby.
- ✔ Notice and acknowledge positive interactions and strengths. For example, you could reflect on what you have seen: *"Did you notice how your baby looked at you and calmed as you spoke to them and made eye contact? That was lovely to see and will help your baby grow and develop."*
- ✔ Keep the baby "in mind" throughout the conversation, considering their emotional experience and communication.
- ✔ Explore both the parent's feelings about the baby and their understanding of the baby's feelings and needs.
- ✔ Recognise cultural diversity in parenting practices and family relationships.
- ✔ Consider the role of fathers, partners and other important caregivers.



Additional Resources to Support Practice

National Guidance
Department of Health & Social Care Reflecting on Parent–Infant Relationships: A Practitioner's Guide to Starting Conversations (2024): As outlined above this provides practical conversation prompts and a framework for exploring parent–infant relationships within routine practice. www.gov.uk/government/publications/parent-infant-relationships-starting-conversations-practitioner-guide

Professional Development and Practice Resources
The Association for Infant Mental Health Getting to Know Your Baby videos have been designed to help parents, caregivers, and health professionals to know how to support the development of a baby's emotional wellbeing. Covering topics such as why bonding matters, bonding before birth, early interactions and understanding baby states. https://aimh.uk/get-to-know-your-baby/
Parent-Infant Foundation Resources, evidence summaries, policy guidance and practice information relating to infant mental health and parent–infant relationships. https://parentinfantfoundation.org.uk/resource/
The Baby Friedly Initiative, UNICEF Resources covering a range of issues around supporting close and loving relationships between parents and babies. www.unicef.org.uk/babyfriendly/baby-friendly-resources/relationship-building-resources/
Anna Freud Centre Practice resources, learning opportunities and guidance relating to infant mental health, attachment and relational approaches. www.annafreud.org/resources/
Brazleton Centre UK Information for parents and carers to support them in understanding baby behaviour and communication. This includes some videos on how to understand babies voice and communication during daily activities such as nappy changing and bathtime. www.brazelton.co.uk/parents/your-babys-language/
Best Start in Life Trusted health advice and guidance for parents across a range of topics with pages on bonding, understanding your baby and toddler and activities to support bonding and development. www.nhs.uk/best-start-in-life/baby/baby-basics/bonding-with-your-baby/

