

# Introduction to Blackpool's Parent-Infant Relationship Service (PaIRS)

Presented by:  
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# Chat box

Where would you rate your knowledge of the PaIRS?

- A. No Knowledge
- B. Little Knowledge
- C. Fully aware of PaIRS



# Aims and objectives

- Raise awareness of what the Blackpool Parent-infant relationship service offers to the workforce, parents and infants.
- Provide greater insight of the importance of infant mental health and why parent infant relationships matter.
- Become familiar with the new universal North West Coast Parent-infant mental health assessment pathway supporting guidance and how to refer into the Blackpool parent infant relationship service .



# What is Infant Mental Health?



Although children's futures are not determined by the age of onset, persistent problems in early relationships and emotional development can have lifelong impacts in a range of outcomes.



# Who are the Parent-Infant Relationship Service team for Blackpool?

We are a multidisciplinary team which includes skilled and experienced health professionals including:

- Clinical Psychologists - (At recruitment stage)
- Service Manager / Sp HV - Tracy Greenwood
- 2 Parent Infant Therapists / Specialist Health Visitors – Lisa Kane & Zoe Tate
- Team Administrator – Gosia Ragun



# Why is the parent-infant relationship so important?

- 15% of new babies experience complex or persistent relationship difficulties with their care giver.
- Young children experiencing significant distorted relationships with their main caregiver can go on to produce a poor range of social, emotional and educational outcomes.



# What is a Specialised Parent-Infant Relationship Team?



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# Blackpool co-production approach with families so far.

- 86% of participants said they would have felt comfortable being asked about their relationship with their baby.
- Participants expressed that the service should be offered in the home, community centre, baby clinics or children's centre and preferably a mixture of all four.



# Blackpool co-production approach with potential community services

1. What would an excellent parent-infant relationship service feel and look like?
2. What would you think the workforce should consist of, and what interventions would be useful?
3. How would you like the service to link/liaise?
4. How could the parent-infant relationship service reduce barriers to families accessing this service?

# How will the Parent-Infant Relationship Service work to embed their principles?

The THRIVE Framework for system change (Wolpert et al., 2019) principles are the basis for our support, these principles are embedded in everything that the service does.

1. Common Language.
2. Needs-Led
3. Shared Decision Making
4. Proactive Prevention and Promotion
5. Partnership Working
6. Outcome-Informed
7. Reducing Stigma
8. Accessibility



# As a practitioner, what can I consider in the parent-infant relationship?

Does the infant:

- Respond to people?..... Show interest in human face ?
- Track with eyes ?
- Vocalise frequently?
- Exhibit expected motor development?
- Enjoy close physical contact?
- Signal discomfort?
- Appear to be easily comforted?
- Exhibit normal or excessive displeasure?
- Appear outgoing or seem passive and withdrawn?
- Have a good muscle tone?

# How does the Parent-Infant Relationship Service help Blackpool families?

## Some of the interventions:

- Psychological therapies
- Video Interaction Guidance
- Neonatal Behavioral Assessment Scale (NBAS)
- Compassion Focused Approach
- Trauma informed approach
- Circle of Security- parenting

# Consultation, support and advice

- The Parent-Infant Relationship Service team welcomes your queries.
- You are welcome to contact us for advice and support, including to discuss any concerns you may have around the Parent-Infant Relationship.
- If you're unsure whether our service is the right one for your family - please contact us.
- We will work together to consider what would be most helpful for the family.
- We can formulate a plan together, this may include signposting, making recommendations or highlighting appropriate resources to explore the parent-infant relationship.

# Universal Pathway

## Parent Infant Mental Health Assessment Care Pathway. North-West Coast Clinical Network

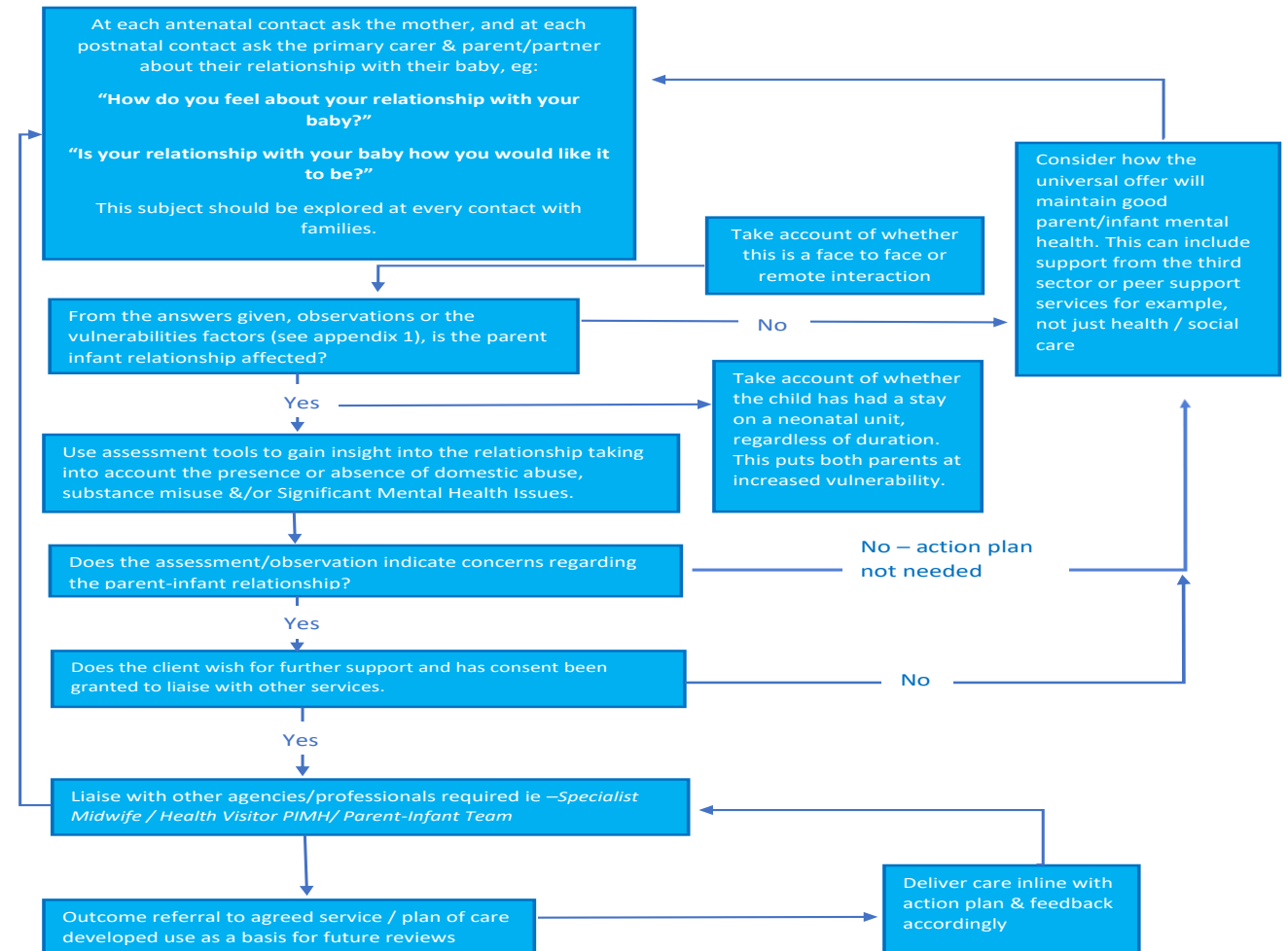
### Parent Infant Mental Health Assessment Care Pathway (conception to age 2) v1

This pathway should be used in conjunction with the supporting guidance document.



North West Coast  
Clinical Networks

Always be aware of safeguarding issues that might need further enquiry or immediate action; for example ongoing domestic violence or new partners in the household. If you see them, enquire further, follow your organisation's safeguarding processes and refer into social care as necessary.



# Referral to the team

There is a clear referral pathway to enable professionals who have concerns about the parent-infant relationship of families under their care to access the service for support, advice and individualised assessment of the family.

Families are referred because of concerns about difficulties in their early relationships, which is putting or could put babies' emotional wellbeing and development at risk.

We accept referrals for children aged two and under and their caregiver(s) from 24 Weeks Gestation.



# Referral to the team

Referrals can be received from any services who are currently working with primary caregivers who would like therapeutic support to strengthen their relationship with their infant.

- They will predominantly be within the perinatal period (pregnancy from 24 weeks gestation and up to a child being 2 years old).
- The main caregiver and infant must be registered at a GP practice in Blackpool and have a Blackpool address.
- Parental consent must be obtained.

# Scenario one

Marissa is a first-time Mum, delivered at 33 weeks gestation, baby is now 4 weeks old. Marissa had an emergency C-section. Marissa's baby spent some time on the neonatal unit and Marissa felt she had no choice but to formula feed as she couldn't meet her baby for a significant time following the birth. The home visitor arranged to visit Marissa and her baby at home following discharge from the hospital. The home visitor noted that on both of her contacts the baby was placed in the moses basket and she had never observed Marissa hold, interact or engage with her baby. The HV asked Marissa if she could tell her a bit about her baby's personality, Marissa stated that her baby was just a normal baby really, eats, sleeps and repeat. The HV observed that Marissa did not look at her baby once during the contacts.

Would you refer to PaIRS?

## Scenario two

Lucy is a first-time Mum with a 6-week-old baby, Lucy is receiving support from the Early Help Team for poor housing and concerns around her baby's father being a perpetrator of domestic abuse. Lucy delivered at term, with no complications during the birth. Lucy has a history of anxiety and depression that she says has worsened since the birth of her baby, she also reports that her baby is needy, fussy and will not let her sleep.

Would you refer to PaIRS?

Q & A

We welcome  
your  
questions.



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# Chat box

Where would you now rate your knowledge of the PaIRS, following this presentation?

- A. No Knowledge
- B. Little Knowledge
- C. Fully aware of PaIRS



# Resources for families

Tiny Happy People website [www.bbc.co.uk/tiny-happy-people](http://www.bbc.co.uk/tiny-happy-people)

BFI Building a Happy Baby [www.unicef.org.uk/babyfriendly/baby-friendly-resources/relationship-building-resources/building-a-happy-baby](http://www.unicef.org.uk/babyfriendly/baby-friendly-resources/relationship-building-resources/building-a-happy-baby)

Baby Buddy App / Best Beginnings website [www.bestbeginnings.org.uk](http://www.bestbeginnings.org.uk)

Vroom App and website [www.Vroom.org](http://www.Vroom.org)

Baby states -AIMH UK website [aimh.org.uk/getting-to-know-your-baby](http://aimh.org.uk/getting-to-know-your-baby)

Big Little moments [blackpoolbetterstart.org.uk/biglittlemoments](http://blackpoolbetterstart.org.uk/biglittlemoments)

Open Paws Website [www.openpaws.co.uk](http://www.openpaws.co.uk)

Every Mind Matters [www.nhs.uk/every-mind-matters](http://www.nhs.uk/every-mind-matters)

# Resources for professional development

Dr Ed Tronick still face experiment with Mother –  
<https://www.youtube.com/watch?v=apzXGEbZht0>

Dr Ed Tronick still face experiment with Dad -  
<https://www.youtube.com/watch?v=7Pcr1Rmr1rM>

Brazelton UK [https://www .brazelton.co.uk/parents/](https://www.brazelton.co.uk/parents/)

NCT Promoting positive parent-infant relationships <https://www.nct.org.uk/>

NSPCC <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/look-say-sing-play/>

Institute of Health Visiting <https://ihv.org.uk/>

Lanarkshire Infant Mental Health Observational Indicator Set Infant Minds Matter [Lanarkshire Infant Mental Health Observational Indicator Set \(scot.nhs.uk\)](#)



## Contact details

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