



### What happens next?

We can arrange to meet at a location that is convenient for you. This could be at your local GP practice, children's centre or it could be in your home.

Our appointments normally last up to 1 hour. We will think with you about your feelings, what your baby is communicating and explore ways of responding.

The number and spacing of our sessions may vary. They are normally weekly but will depend on your needs as a family.

### Safety

We are responsible for the safety of you and your children. If we have concerns, we may need to talk to other professionals and would normally do this with your knowledge. All services in Lambeth have a duty to keep children safe.


### Service aims

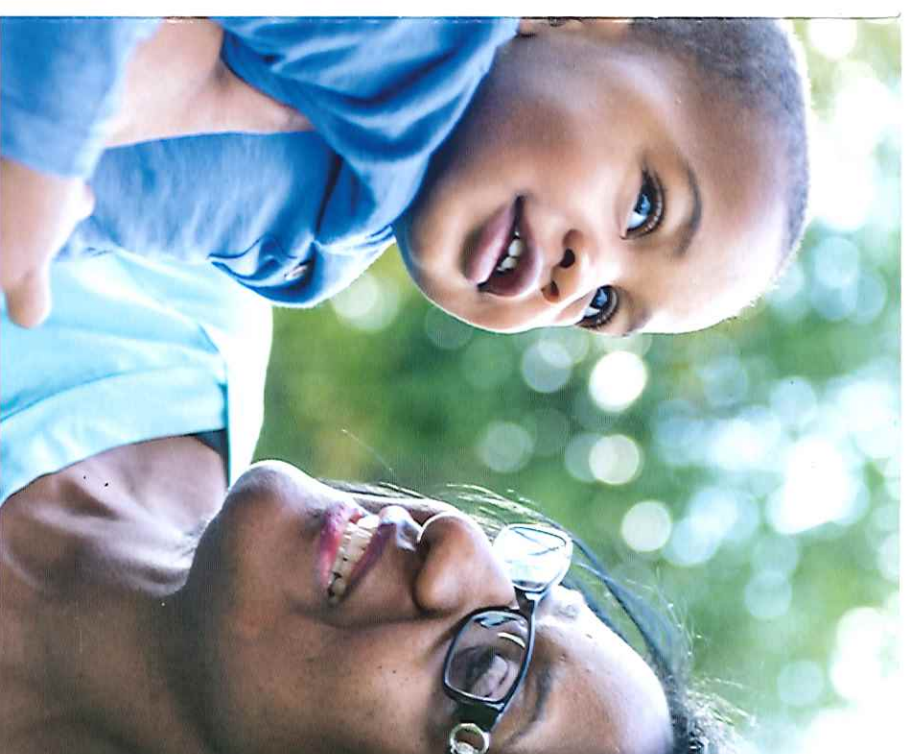
- Strengthen your relationship with your baby.
- Understand yourself and your baby better.
- Support your child's development and wellbeing.
- Manage the stress of being a parent.
- Enjoy your relationship with your child.

If you would like to hear more about our service and you live in one of the LEAP areas of Tulse Hill, Stockwell, Coldharbour or Vassall do not hesitate to contact us.

### Parent and Infant Relationship Team

 **Phone:** 0203 228 6771

 c/o Lambeth CAMHS  
9th Floor International House  
Canterbury Crescent  
Brixton SW9 7QE



## Parent and Infant Relationship Service

Helping you find your way with your baby

### A guide for parents





# Parent and Infant Relationship Service (PAIRS)

## How can PAIRS help?

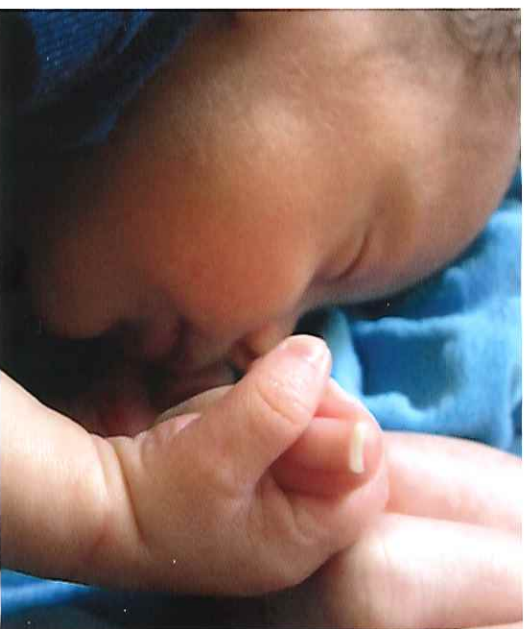
We understand that becoming a parent can be a wonderful and challenging experience. We are here to support parent-infant relationships and to help your child get the best start in life.

## Who is PAIRS for?

We work with expectant parents, parents with babies, and families with children up until their fourth birthday who live in the LEAP wards of Tulse Hill, Stockwell, Coldharbour and Vassall.

## Who are we?

We are a group of psychotherapists and psychologists who are experienced in working with parents, children and families. We have specialist training in Parent-Infant Psychotherapy.



## Is this service for me?

- I want to support my relationship with my baby.
- I don't really feel connected to my baby.
- My child is clingy and hard to comfort.
- I am feeling tearful and down. I have just given birth: surely this should be a time of happiness?
- I struggle with my baby's feeding habits.
- I had a tough time with my parents. Parenting has brought back difficult memories of my own childhood.
- I am not getting on with my partner at the moment and I worry it's affecting my baby.
- I had a difficult birth. It affects how I feel about my baby.
- My worries about my child interfere with my parenting.
- I struggle with my child's toilet training, sleep, tantrums and/or difficult behaviour.

## Do many parents feel like this?

Yes! Many people struggle with parenting in the early years. We understand that you want to give the best start to your relationship with your child but might need a bit more support at this time.



## What would our sessions involve?

We will talk and think together about your needs and those of your baby. We will involve your baby through play and explore your hopes and concerns about your relationship. We hope that you will understand your baby better, that you will feel more satisfied with your relationship with your child and that parenthood will become an easier and more enjoyable experience for you.

## How do I book an appointment?

You can speak to your health visitor, midwife, GP or local children's centre. Alternatively you can contact us directly to speak to a member of the team. We are available to talk through your concerns and discuss if we are the right service for you at this time.

## Confidentiality

All our conversations are confidential. We do not normally contact anyone unless we have discussed it with you first.