

Pathway for Parent Infant Relationships

Parent-Infant Relationship (PIR) services focus on strengthening the bond and improving the quality of the relationship between caregivers and their infants. The first 1,001 days of life plays a crucial role in shaping the attachment a baby forms with their caregiver. Although children's futures are not determined by the age of two, the quality of parent-infant relationships are linked to many outcomes later in life.

Hackney's Children & Family Hubs promote the use of the evidence based **3-step framework** for professionals seeking to help parents and carers reflect on their relationship with their baby:

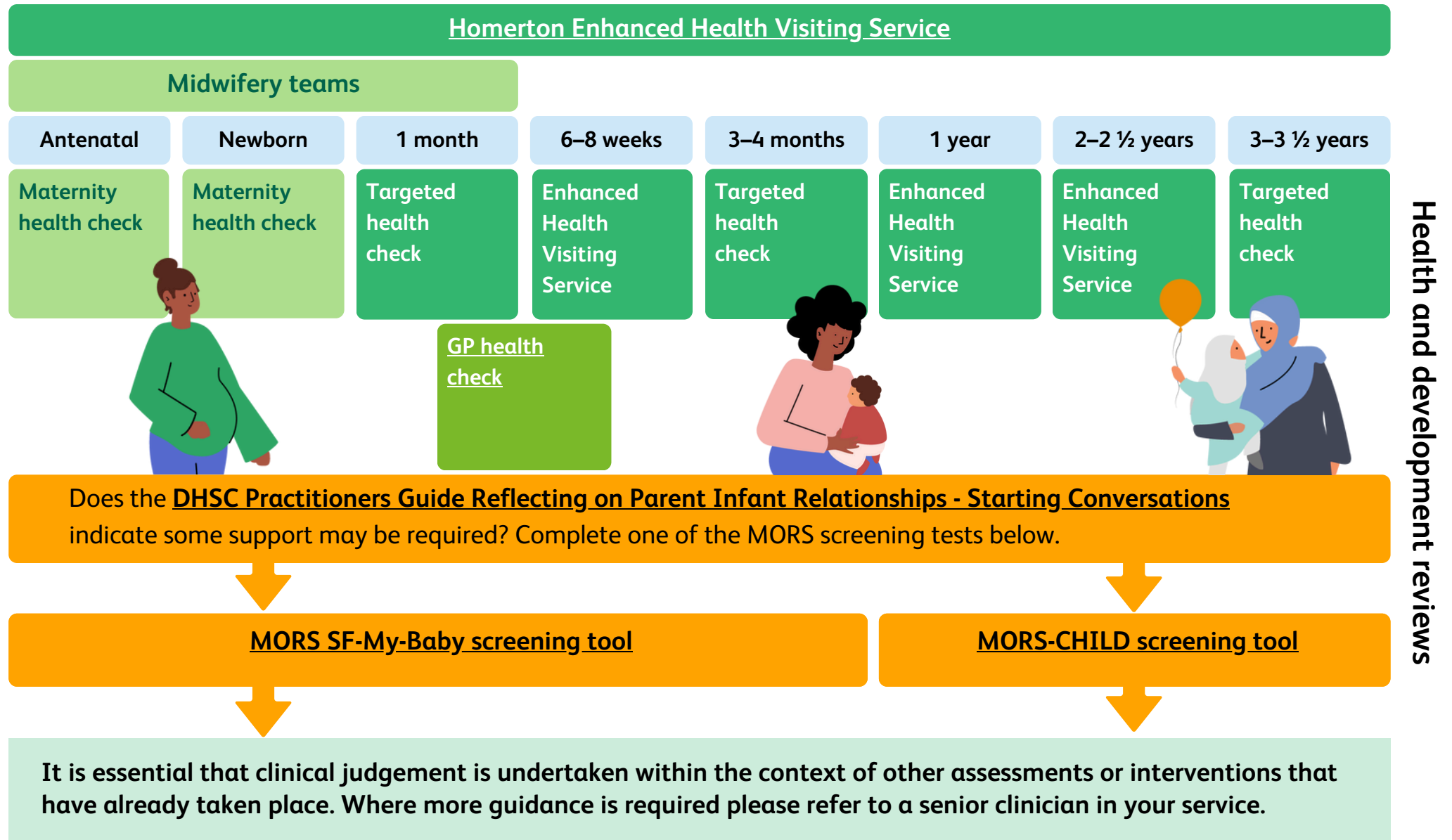
- Step 1: Starting the conversation
- Step 2: explore the answers and decide if you need to use a validated tool (MORS)
- Step 3: Signposting, referring or providing additional support

Referrals can be made up to two years after the birth of a child in City and Hackney.

For Perinatal Mental Health support, please refer to our PMH pathway.



Health Service Pathway for Parent Infant Relationships



These **universal services** focus on prevention and are designed to **support all families**. They are self-referral and can be accessed without the need for an assessment.

Community based services

- [Parenting courses and family support](#)
- [Baby Steps](#) (community based parenting clinics)
- [Solihull Approach workshops](#) (facilitated by Barnardos)
- [Father Friendly Borough](#)
- Empowering Parents, Empowering Communities
- [Strengthening Families Strengthening Communities](#)
- [African Community School: Strengthening Families Strengthening Communities](#)
- [Triple P babies](#)
- [Peep Learning Together](#)
- [Koach](#) (for Charedi parents)



Our Journey Birth to 5 Years

Free online course
Understanding
your child



Children & Family Hubs and Children's centres

Visit one of our locations to privately speak with a staff member for advice on services across the 0-19 (or 25 with Special Educational Needs and Disabilities) age range. They can also connect families to additional services if more targeted or specialist support is needed.

These **targeted services** are for families with **mild to moderate needs** and are referral only. The services are provided in partnership with others and some are also directed at specific groups within the community.

Evidence Based Parent Infant Relationship Services

- First Steps (Early intervention and community CAMHS Service for 0–18 years)

Offers triage, Solihull groups, workshops and one-to-one support.

This includes:

- Baby Steps drops ins, clinics and workshops for 0-2 years and their carers.
- First Year and You (Solihull parenting group)

- **Educational Psychologist Service**

- Video Interactive Guidance



For urgent concerns and support about relationships with children call Hackney's Multi-Agency Safeguarding Hub (MASH) on **020 8356 5500**

For urgent concerns about maternal mental health: Call **111** and select **mental health**

These **specialist services** are for families with **moderate to severe needs** and are referral only. They are for families whose needs cannot be met through universal or targeted provisions and require direct and/or individualised treatments.

Evidence Based Parent Infant Relationship Services

Referrals are assessed on a case by case basis.

CAMHS specialist service offers:

- Parent Infant Psychotherapy (PIP), including support for young parents

Specialist Perinatal Service offers:

- Parent Infant Psychotherapy (PIP), where there is both PMH and PIR needs

Other therapies that could be offered:

- Mentalisation Based Therapy (MBT)
- Video Interactive Guidance (VIG)
- Video Feedback Intervention to Promote Positive Parenting and Sensitive Discipline (VIPP-SD)
- Wait, Watch and Wonder (WWW)

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