

Little Minds in Mind

(Formally NEWPIP)
Information for
Professionals



Because growing
up can be hard



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 who are worried about emotional issues 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 request via our online portal at: newpip.children-ne.org.uk/referral-form.



What will the service provide?

The Little Minds in Mind team consists of therapists, therapeutic practitioners and family practitioners who can provide:

Individual Parent-Infant Psychotherapy:

We offer highly supportive and regular individual sessions in accessible community venues or the home. Specially trained therapists work sensitively to get to know the family and to develop an understanding of the difficulties affecting the parent-baby relationship. Even short-term therapy using this approach can make a huge difference when difficulties might seem overwhelming.

Parent-Infant Groups:

We offer group sessions delivered by highly skilled Child Psychotherapists, Therapeutic Practitioners and Family Practitioners to help parents understand the difficulties they are experiencing and to gain confidence and support from each other.

Programmes:

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

Supporting new parents across the North East

Children North East create life-changing differences for babies, supporting new parents across the North East. We provide a diverse range of antenatal and new parent services. As well as specialist therapeutic support our team can also provide the earliest of intervention such as 'Preparing for Baby' and 'Baby's Here' programmes. Get in touch with our team to learn more about our work.

For more information contact:

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In partnership with

