

# Infant Mental Health Awareness Week

12 – 16<sup>th</sup> June 2017



It was Infant Mental Health Awareness Week this month and to acknowledge it we have put together some resources which may be useful to you in your work.

## For Parents

### baby buddy

Baby Buddy is a free App created by Best Beginnings. It sends personalised daily notifications through pregnancy and up to 6 months following birth. Whilst the daily notifications stop at this stage, many of the features and content are still valid for around 1 year after birth, if not longer.

You can find local services, set goals, ask questions to your baby buddy, there are films about baby communication, maternal mental health, common conditions and much more. The daily notifications include prompts which encourage parents to observe their baby and consider what the baby is thinking and feeling.

Best Beginnings have also developed some **Understanding Your Baby** Videos which aim to support bonding and attunement.

The link below will take you to the videos, and the bottom of the page for a further link to the App.

<https://web.bestbeginnings.org.uk/web/videos/understanding-your-baby>

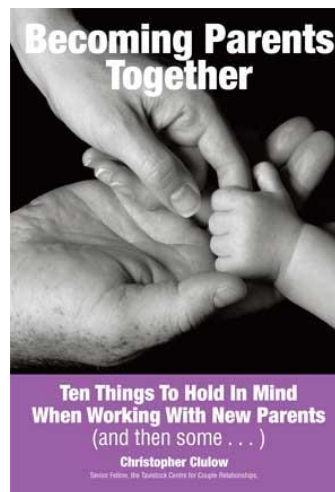


### baby buddy

Please share details with Antenatal and Postnatal parents

## For Professionals

The TCCR or Tavistock Centre for Couple Relationships have two publications which are useful and available on line.



"Becoming Parents Together" is a brief and practical guide for practitioners working with families. It describes some of the processes and difficulties that new families and in particular couples face when a baby arrives.

<http://www.tavistockrelationships.ac.uk/training-courses/practitioner-guides-resources/204->



Why is attachment important?  
What is Attachment?  
Does Attachment show in behaviour?  
How does Attachment affect parenting?  
Implications for family support

<http://www.tavistockrelationships.ac.uk/training-courses/practitioner-guides-resources/400-how->

**EPIP** works with parents and their infants with the aim of supporting them to develop secure relationships. We are based with CAMHS at Charles Babbage House, 1 Orton Grove, Enfield EN1 4TU.

To find out more or discuss a referral Contact **Carol Levine** Parent-Infant Psychotherapist (07815 492535)

or

**Jane Davies** Therapeutic Specialist Health Visitor (07392 191888).