



### Healthy Little Minds can be accessed:

- If you feel you need support with:
  - Bonding with your baby
  - Understanding your feelings towards your baby
  - Improving your relationship with your baby
  - Any difficulties experienced in pregnancy, a traumatic birth or a previous loss
- Are 20 weeks pregnant or have a child under 2 years
- Live in Nottingham City

“ Healthy Little Minds are available to talk through your situation and any challenges. ”

To access the service you can complete a referral form which you will find here:

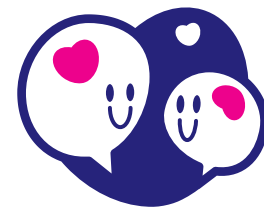


[www.smallstepsbigchanges.org.uk/healthy-little-minds](http://www.smallstepsbigchanges.org.uk/healthy-little-minds)

Or call the team to find out more:

**0115 876 1771**

A health professional, such as your Midwife, Health Visitor or Family Mentor can make a referral with your consent.



# Healthy Little Minds

Helping to build strong relationships between parents and their new baby



**Nottingham City Council**

Healthy Little Minds: Is a partnership between Nottingham City Council and Small Steps Big Changes and will compliment current services by providing early interventions with a focus on the parent infant relationship.

## Relationships between babies and their parents are so important for growing healthy little minds.

The Healthy Little Minds team work with families to nurture those relationships. Providing that extra help and the tools to understand your baby's needs.



### The Healthy Little Minds team:

- Help you to deal with difficulties
- Focus on the emotional and mental health needs of the baby
- Offer support to build on your parenting strengths
- Provide a tailored service just for you

Adapting to life with a baby is a challenge for every parent. Sometimes things don't happen as you thought they would.



Healthy Little Minds can help you to understand why you feel this way. They will support you to build on positive interactions with your baby.

Supporting you and your baby to work through your worries and concerns.

All babies are unique just like their parents. Learning how they communicate will help to build a special relationship.

Every family will receive a package of care that supports their own needs.



### Support:

- 1-2-1 (can be accessed at home)
- Group
- Online

Improve positive interaction with your baby through baby massage.

We will help you to get to know your baby and how they communicate what they want and need.

Understand your baby and what you contribute to your relationship with them. A focus on trust and well-being, to support the attachment (emotional bond) with your baby.

See the strengths in your relationship with your baby and work to build your confidence.