



Working with families during the first 1001 days can help to protect and promote babies' emotional wellbeing and support early relationships.

Healthy Little Minds offer specialist support to parents/carers experiencing challenges in the parent infant relationship.

The support will be tailored to the individual families we work with, to reflect their unique needs and life experience. The frequency and intensity of this work will differ depending on the family's situation, needs and wishes.

To make a referral, please complete a referral form which you can download from Ask Lion or SSBC website.



www.smallstepsbigchanges.org.uk/healthy-little-minds

Contact us or to book training:

-  **0115 876 1771**
-  **hlm@nottinghamcity.gov.uk**
(contact email)
-  **CYPBEHM@nottinghamcity.gov.uk**
(referral form email)



Healthy Little Minds provide specialised therapeutic support to families from pregnancy to 2 years where there are difficulties in the parent-infant relationship.



Our strengths-based support enhances secure bonding and attachment, promoting baby brain development through nurturing positive interactions.



**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.

1001 Days

The first 1001 days are a period of rapid development and are when we establish the best start in life for our children. The foundations for future emotional and physical health are built during this time. However, this may also be a period of vulnerability for some families.

Early interventions to enhance the parent-infant relationship can have a significant positive impact.



Eligibility

- Parent/carers 20 weeks pregnant or with a child under 2 years
- Live in Nottingham City
- Identified concerns or vulnerability with parent-infant relationship which could affect the social, emotional and mental health outcomes of the child

Initial assessments

Tailored for each family to assess the package of care needed.

Therapeutic interventions

● Newborn Behavioural Observations

An interactive tool designed to strengthen the relationship in the newborn period

● Baby Massage

Improves positive interaction, through touch and eye contact. Helping to recognise their needs

● Solihull basics, parenting groups & neo-natal plus

Understanding the baby and what the parent contributes to their relationship

● Going Mellow/Mellow Bumps

A focus on trust and well-being factors, to support attachment

● Video Interactive Guidance (VIG)

Enhancing communication and increasing sensitivity and attunement in the relationship

Support offered will be online, group-based or 1-2-1 dependent on need



Professional consultations

We have an experienced team who specialise in parent and infant relationships and wellbeing.

Consultations with the children's workforce are available where appropriate to explore risk and enhance the parent-infant relationship.

Workforce Training

Free to the Nottingham City workforce and allows us:

- To develop a shared language
- Share skills and expertise
- Understand when and how interventions work