



**Healthy  
Little Minds**

# *Parent-Infant Relationship Toolkit*



**Nottingham  
City Council**

Helping to build strong relationships between parents and their new baby

***What*** is the toolkit?  
***Why*** do we need it?  
***When*** should we use it?



# *What is it?*

A collection of resources put together by HLM including:

- Referral guidance
- Conversation cue cards
- Conversation cue card guidance
- Guided self-help – activity prompt sheets
- Parent infant relationship guidance
- PIR Observation sheets
- Observation sheet examples





Healthy  
Little Minds

# Why do we need it?

- Supports you to identify and isolate difficulties in the PIR
- Supports you to offer low level guidance to universal families that don't need a referral, but who would benefit from advice
- Supports us locally in Nottingham to develop shared working languages and processes around PIR support



Helping to build strong relationships between parents and their new baby

# *When should we use it?*

- Resources can be used antenatally or postnatally
- Alongside ongoing interventions to compliment the support in place
- Incorporated into your own assessments
- As a standalone tool if you/family have identified difficulties or vulnerabilities in the PIR





# *How do I get a toolkit?*

By attending both the Attachment and Baby Brain Development and Toolkit workshop. At the toolkit workshop you will receive the pack to take with you into practice



Helping to build strong relationships between parents and their new baby





# Bitesize workshops

- 5<sup>th</sup> July 10-11.30am Attachment and Baby Brain Development (*MS Teams*)
- 2<sup>nd</sup> August 9-11.30am PIR Toolkit workshop (*Meadows CC*)
- 10<sup>th</sup> August 10-11.30am Attachment and Baby Brain Development (*MS Teams*)
- 7<sup>th</sup> September 9.30-11.30am PIR Toolkit workshop (*Meadows CC*)
- 14<sup>th</sup> September 10-11.30am Attachment and Baby Brain Development (*MS Teams*)

Email [HLM@nottinghamcity.gov.uk](mailto:HLM@nottinghamcity.gov.uk) to book your space



Helping to build strong relationships between parents and their new baby



Healthy  
Little Minds

# Referrals

- Complete the referral form which can be downloaded on the SSBC or Ask Lion website  
(*Search: Healthy Little Minds*)
- Send via CAMHS Single Point of Access (SPA) –  
**CYPBEHM@nottinghamcity.gov.uk**



Helping to build strong relationships between parents and their new baby



# Interventions

- Newborn Behaviour Observations
- Baby Massage (1-1 and group offer)
- Mellow Bumps group
- Mellow Babies group
- Solihull groups
- Video Interaction Guidance
- Theraplay based interventions
- Parent Infant Psychotherapy