



**Healthy
Little Minds**

Creating a Trauma Informed Workforce

*Healthy Little Minds - Working with
trauma in the context of parent infant
relationships*



**Nottingham
City Council**

Helping to build strong relationships between parents and their new baby



1001 Critical Days and Parent-Infant Relationship teams



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A period of *unique* opportunity



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*“Neurons that fire
together,
wire together”*

Donald Hebb, 1949



A relationship is a *psychological* and *physiological* process



Trauma in the context *of infants and families*



Mental health across *all* the life stages



Signs that may indicate difficulties

- Uneven skin tone
- Hiccups/sneezing/positing
- Mottled
- Tremors
- Startles
- Organisation of states
- Persistently high/low levels of activity
- Significant sleep difficulties
- Restlessness
- Low threshold for overstimulation
- Persistent crying/no crying
- Unable to make eye contact
- Challenges soothing/unable to self soothe
- Difficulties with physical touch
- Failure to thrive
- Challenges meeting developmental milestones



Early intervention in the truest sense



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Ghosts in the Nursery

‘The ghosts take up residence and conduct the rehearsal of the family tragedy from a tattered script’

Fraiberg et al, 1975

Angels in the Nursery

‘In ideal circumstances, self-affirming influences move silently in the lives of children, wrapping each successive generation in the security that comes from being loved, accepted and understood’

Lieberman et al, 2005



Healthy
Little Minds

The stories that *bind us*



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A menu of interventions

- Newborn Behaviour Observations
- Baby Massage (1-1 and group offer)
- Mellow Bumps
- Mellow Babies
- Solihull antenatal and postnatal groups
- Video Interaction Guidance



Meet the team

Elayne Walker – *Service Lead*

Natasha Beer – *Manager*

Debra Lievesley and Tessa Pye – *Specialist Practitioners*

Chloe Hutchins – *Maternity Support Worker*

Vickie Humble – *Family Support Worker*

Rachel Hunter – *Project Support Officer*

Rachel Tallamy – *Trainee Parent-Infant Psychotherapist*



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Consultation

A space to think *together*

By thinking together, existing skill and expertise amongst professionals can be shared, fostering a culture of shared thinking and decision making.



Ripples in a Pond (AMBIT)



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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 –
CYPBEHM@nottinghamcity.gov.uk
- Screening and containing call completed with family within 24 hours
- Referrer informed of outcome after screening/assessment



Bitesize workshops

- 17th April, 10-11.30am – Attachment and Baby Brain Development
- 15th May, 10-11.30am – Family Scripts, why families repeat patterns of behaviour
- 5th June, 10-11.30am – Bonding in the Antenatal Period

Email HLM@nottinghamcity.gov.uk to book on



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*One thing I will take away
from today*



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