



Promoting Infant and Early Childhood Mental Health in Everyday Practice

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Welcome!

Welcome on behalf of the (approx.)
6,380 babies born each year in
Cambridgeshire.

I'm Lui.



Thank you to Dr Karen Bateson for inspiring
these 'welcome from babies' slides



Welcome!

My brain is more receptive now than it will be at any other time of my life. What happens to me now will form the foundations of my life long physical and mental health.

I'm Caelan.



Welcome!

I know it's hard to understand what us babies need or are saying sometimes...but we *are* telling you, you just need to learn our language.

I'm Gem.



Welcome!

- National Clinical Advisor at
The Parent-Infant Foundation
- Child and Adolescent Psychotherapist,
specialising in Parent-Infant Psychotherapy
**Parent and Infant Relationship Service
(PAIRS) in Brent CAMHS**



Plan for today

1. Parent-Infant Foundation – Infant Mental Health Awareness Week
2. Specialised parent-infant relationship teams and the wider system
3. National Parent-Infant Relationship (PAIR) Framework

Parent-Infant Foundation



- Support the growth and quality of specialised parent-infant relationship teams and services across the UK:
 - Network for parent-infant teams and services
 - Resources for commissioners and practitioners
 - Clinical Associates



Parent-Infant Foundation



- All parents and carers in the UK supported to create sensitive, nurturing relationships with their babies
 - Political influencing
 - All Party-Parliamentary Group on Babies (Pregnancy to Age Two)
 - First 1001 Days Movement
 - Infant Mental Health Awareness Week

[Parent-Infant Foundation](http://www.parent-infant.org.uk)



Infant Mental Health Awareness Week

Attunement

‘Emotional attunement involves noticing, understanding and responding to another person’s emotional state in a sensitive and appropriate way. When adults are emotionally attuned to babies and young children they notice cues, validate emotions and appropriately respond to them’.



Rupture and Repair

Relationships build resilience and secure attachment not through perfect harmony, but through the continuous cycle of breaking connection (rupture) and successfully restoring it (repair).

Misattunement

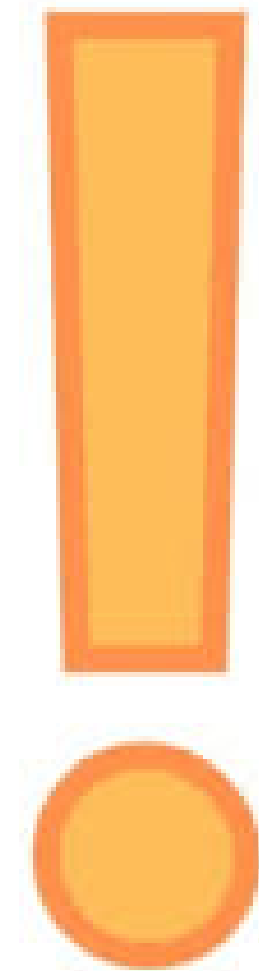
Development is negatively impacted not from occasional ruptures, but when ruptures are frequent and **never repaired**. This leads babies to disengage and form defensive patterns to protect themselves.

Prevalence

A high proportion of babies in the UK are living in fear and distress:

- 15% at risk of disorganised attachment
- 25% show emotional and behavioural difficulties requiring support by age 2.

Ref: [Children of the 2020s: second survey of families at age 2 - GOV.UK](#)



Risks

We need you to protect us to keep us safe and give us the opportunities to build relationships, to play, to have fun to learn and to grow.



Specialised Parent-Infant Relationship Teams

Ref: [Why Babies' First Relationships Matter \(2026\)](#)



Why are the earliest parent-infant relationships so important?



Ref: [Parent-Infant Relationships \(PAIR\) Services Commissioning Toolkit \(2023\)](#)

Specialised Parent-Infant Relationship (PAIR) teams

51 full PAIR teams across the UK

Emerging teams



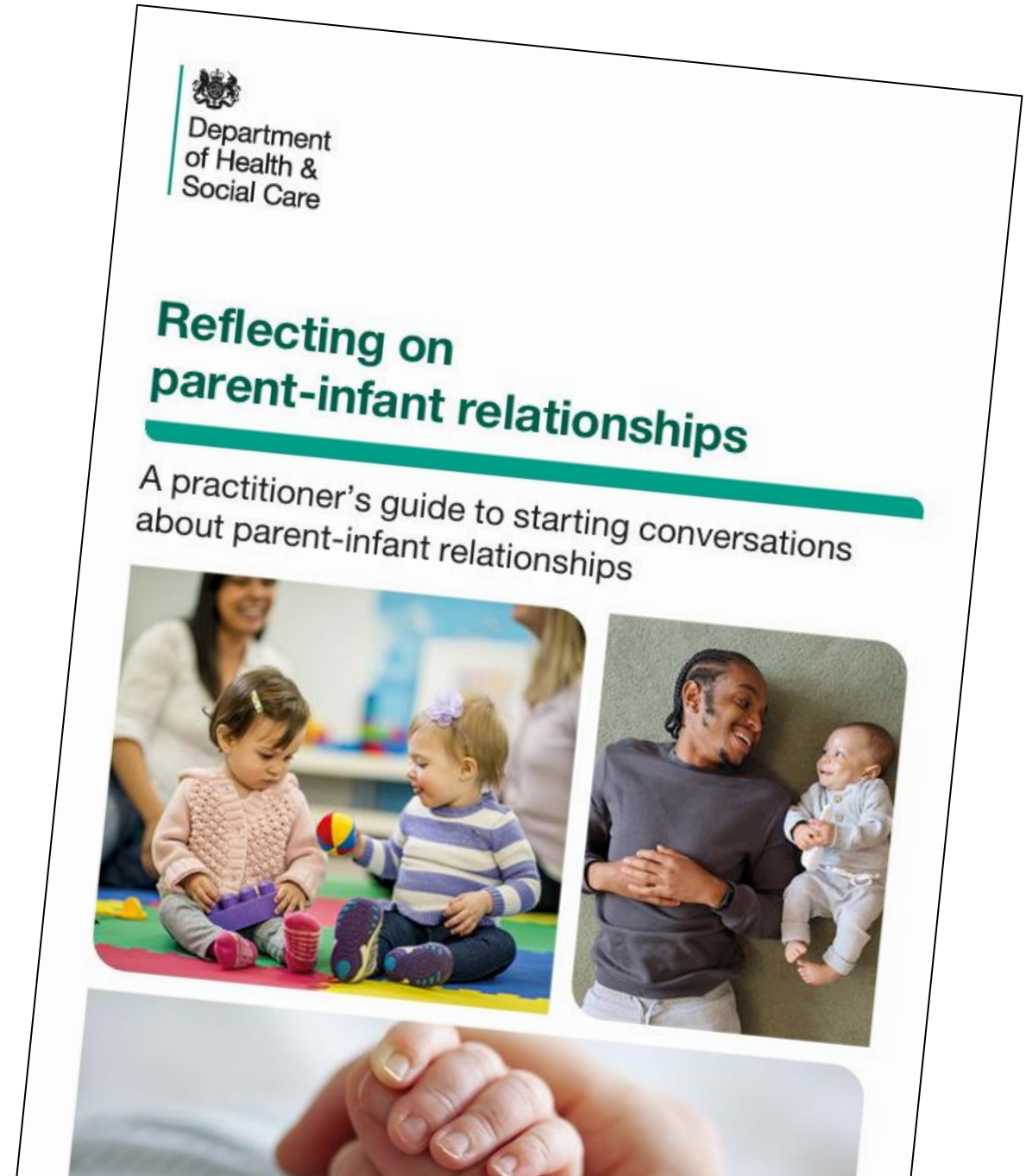
[Locations of teams](#)



Early Identification

Starting conversations/observations about parent-infant relationships about infant mental health

Ref: [Reflecting on parent-infant relationships](#)



Baby Voice

Think Baby Toolkit (Better Start)

Infant Mental Health Observational Indicator Set (Lanarkshire)

Voice of the baby template (Fife)

Ref: [Think Baby toolkit, IMHOIS \(Lanarkshire\)](#)
[NHS Fife](#)







National Parent-Infant Relationship (PAIR) Framework

National Parent-Infant Relationship (PAIR) Framework



Whole system approaches



Families during the antenatal period



Babies in neonatal care



Perinatal/Infant mental health



Babies in families engaged with children's social care

Evidence Sources

'Lived' experiences	'Learned' experiences	Scientific peer-reviewed evidence	Practice-based evidence	Resources and guidance
<p>Families who have accessed parent-infant relationship teams and services and those who have not.</p> <p>Incorporating the <i>'voice' of the baby</i>⁵.</p>	<p>Parent-infant practitioners and associated professionals; organisations and professional bodies in the sector.</p>	<p>Systematic reviews and meta-analyses of implementation and systems literature.</p>	<p>From Specialised Parent-Infant Relationship Teams and services</p>	<p>Publications and guidance developed by the Parent-Infant Foundation and partners in the sector.</p>

National Parent-Infant Relationship (PAIR) Framework

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National Parent-Infant
Relationship (PAIR) Framework
participation form

