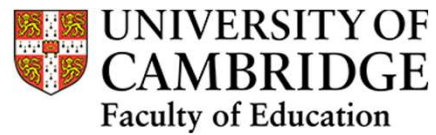


The 'Golden Threads' of caregiving support for infant mental health

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Bringing research to universal support

Nurturing relationships and interactions with caregivers underpin infant mental health

Manualised parenting programs support caregiving and benefit infant mental health

Less research has been done on how we can best support caregivers in briefer contact moments

Can we weave principles from evidence-based parenting programs into universal forms of support?



Identify the 'golden threads' of
parenting programmes for
families of children under 5 years...

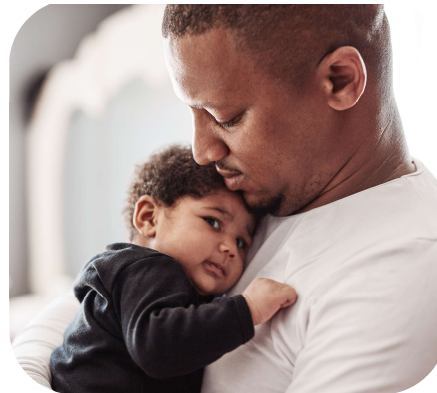
Devise strategies with
practitioners and caregivers
to diffuse these 'golden threads'
into universal forms support

What core capacities are supported?



Create time and opportunities for play every day

Be an engaged and responsive play partner



Be curious and attend to the child's cues

Respond in an attuned, timely and individualised way to the child

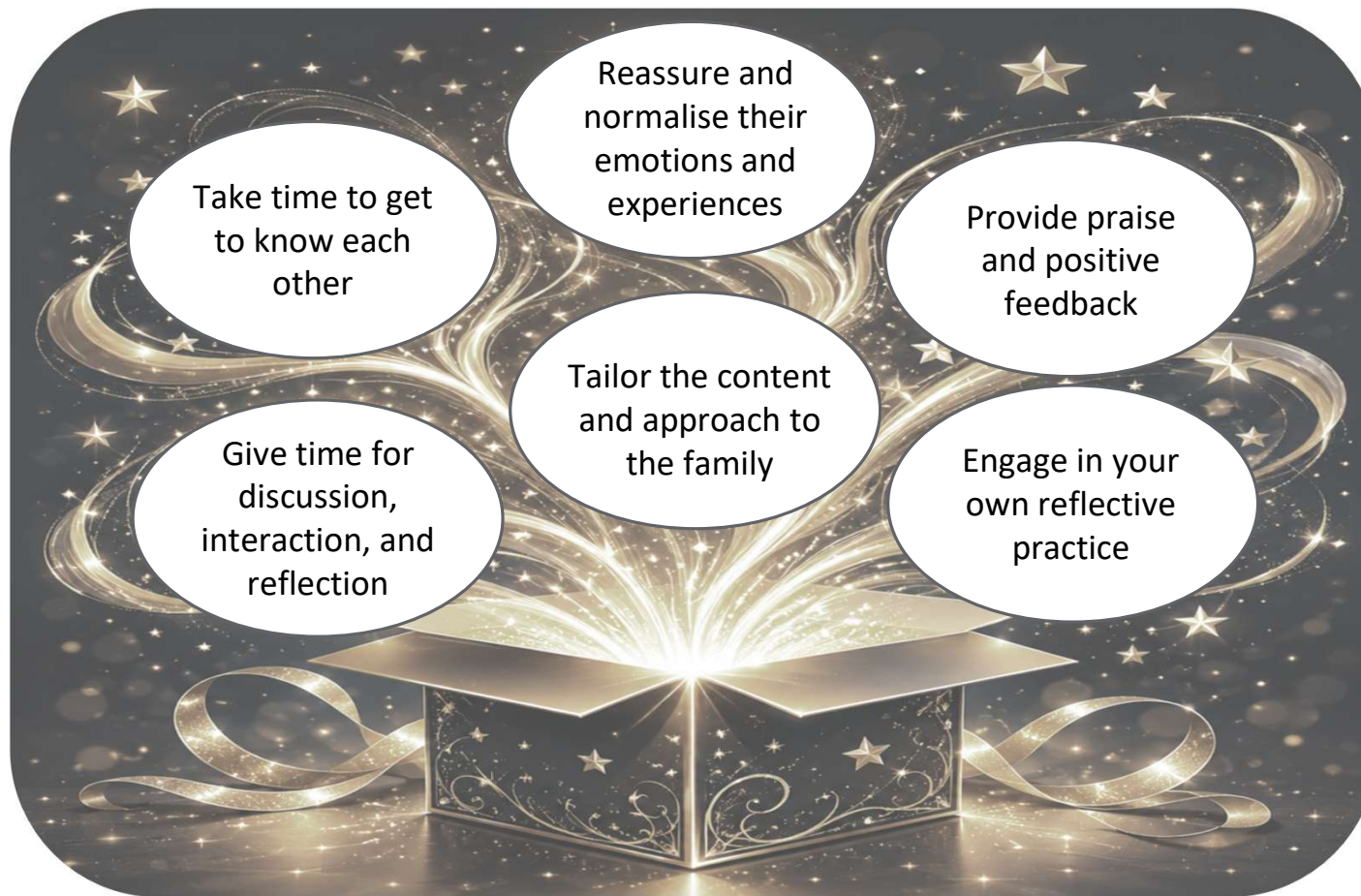


Carefully set clear and consistent limits

Consider possible reasons behind the child's behaviour

Each intervention used between **7 to 13 different strategies** to support these capacities!

What makes the content land?



Identify the 'golden threads' of
parenting programmes for
families of children under 5 years...

Devise strategies with
practitioners and caregivers
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into universal forms support

Vignette 1.

Lisa is a black British mother who is six months pregnant. She is feeling very worried about a lack of connection with her unborn baby - she even struggles to say the word 'baby'. Lisa describes that while people are celebrating around her, she can barely look down at her bump. Lisa was herself Care Experienced as a baby, but she does not go into details about this.

Whilst the pregnancy is progressing well, it has been tough with Lisa experiencing Hyperemesis gravidarum (severe morning sickness). She feels unsupported and undermined by her partner. Lisa wants to feel more connected with her baby but says her past is getting in the way of this.

1. What might the baby/child be experiencing or trying to communicate in this moment?
2. What might the caregiver be experiencing/need?
3. What might the practitioner be experiencing/need?
4. What conditions need to be in place for this support to happen consistently?

Vignette 2.

Maya attends a baby weighing clinic with her 4-month-old baby, Sami. Sami is very quiet throughout the contact and does not vocalise. When undressed, he lies very still on the changing table and shows little facial expression. There is some fleeting eye contact between Maya and Sami, and Sami holds the practitioner's gaze when the practitioner interacts with him directly.

Maya engages in conversation with the practitioner and says that things are "okay", but she appears slightly flat and perhaps a little guarded. The practitioner notices the interaction and feels there may be a need to explore things a bit further.

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