

Highlights from the parents consultation in the CTM area of Wales

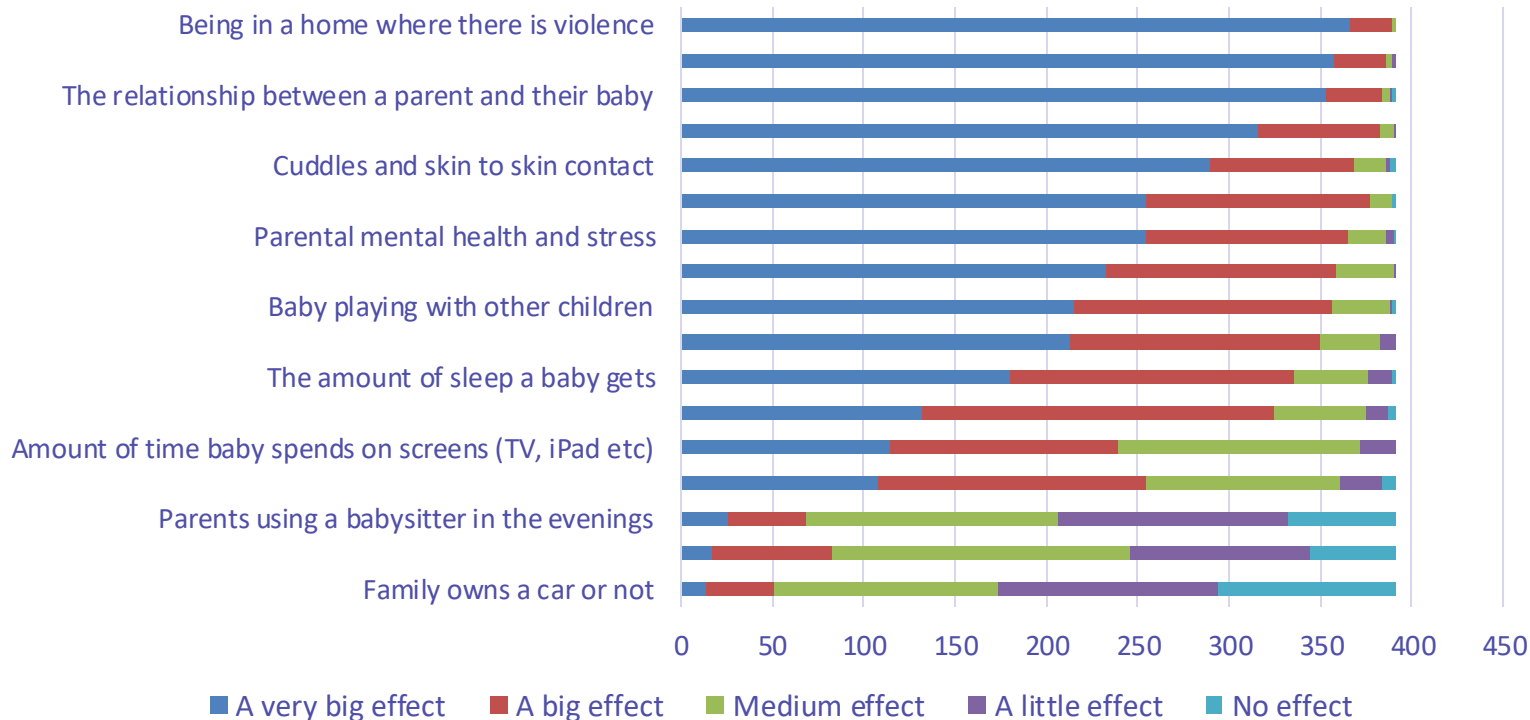


- One to one interviews (9 parents)
- 3 focus groups
- In-depth qualitative survey – 18 parents
- Quantitative survey - 446 parents

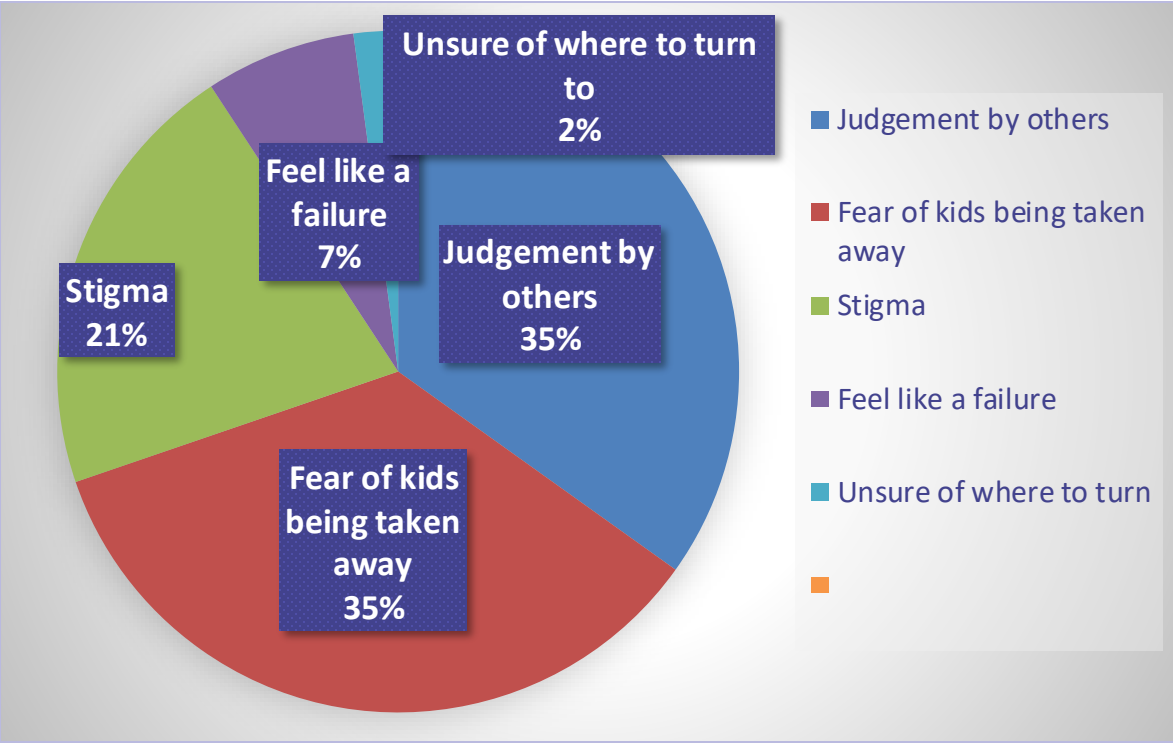


Parents understood the importance of the parent-infant relationship

Which of the following things do you think has an effect on the baby's development?



What stops parents reaching out for support about their relationship with their baby?





The risk of information giving alone can exacerbate guilt for some parents

"There's lots of information on what you can do to benefit your baby which is brilliant but it can also put pressure on new mothers who want the best for the baby as I know it made me feel guilty for not being able to do it all"

Mother of twins aged 9 weeks, RCT



Parents placed a lot of value on peer support and the need to overcome fears of being judged

"For it to be more widely publicised that people can struggle to form relationships with their baby and it's okay to ask for help in this situation."

"..knowing there was no judgement"

Creating positive peer groups and friendships with others to decrease the isolation and loneliness

"Other parents in the same situation reaching out to other parents."

"Stories from other parents who have reached out/ opened up about their difficulties ...and how things have improved"
