



**Parent-Infant**  
FOUNDATION

# Impact Report

2023–24

The Foundation's impact on the professionals it supports, and a summary of the impact specialised parent-infant relationship teams and services have on families.

This report only relates to our expertise and research efforts. Influencing is a fundamental part of our work via First 1001 Days Movement and supporting the All Party Parliamentary Group for 0-2 years. Further information on this work is covered in our fuller [annual report](#) and [website](#).



## Introduction

A core activity for the Foundation is supporting professionals in developing and sustaining specialised parent-infant relationship teams across the UK.

These teams are multi-disciplinary and work at two levels:



As expert advisors and champions supporting the local workforce.



As specialists providing direct support to families.



## Expanding Reach and Influence

The Foundation has significantly expanded its reach over the past five years, from **46 Network members** in 2019/20 to **375 members** in 2023/24, drawn from existing teams and services.

There are **1,200 other professionals, researchers and commissioners** reached via our mailing list and regular webinars.



## Network Composition

The Network comprises professionals from various categories, including:



**46**

Established teams who meet our full definition.

**2**

Perinatal Mental Health teams who also provide this support.

**20**

Emerging teams working towards being an established team.

**10**

Local authorities in England receiving implementation support from the Foundation.

**9**

Small specialist teams and services who provide parent-infant relationship support.

**10**

Additional Health Boards in Scotland in various stages of operational development.

## Members Survey Results



Our survey of Network Members<sup>1</sup> indicated:

**100%** would recommend joining The Parent-Infant Foundation Teams Network to others in the field.

When asked about how the network has supported them:

**94%** said being a network member provided useful examples of good practice.

**96%** felt more connected, supported, and enthused about their work.

**100%** rated one-to-one support as very or somewhat helpful.

**87%** stated it helped identify and implement new and improved ways of working.

**67%** reported our resources improved efficacy and reach of their services.



1. 17% response rate.

Whilst services have developed across the UK in the past decade, many more teams are needed. We estimate that **400 teams are needed in England alone**, to meet the needs of **60,000 vulnerable babies**.



## Positive Event Feedback



In 2023–24, the Foundation's events reached:

**1,198** people through



**10** webinars



**5** Peer Learning Forums



**3** Network Days

Post-event feedback, with a **16%** response rate, revealed:

**98%** felt supported and connected by attending the events.

**96%** of respondents found the events very useful or useful for their work.

**91%** provided examples of how they might use what they learned to change practice or improve knowledge among colleagues.

**85%** reported improved understanding of the topics covered.



## Highly Rated Implementation Support

The consultancy model provided by the Parent Infant Foundation to Local Authorities across the UK is **highly rated**.

All areas receiving implementation support found it **extremely useful** and had made changes in their services as a result.

Testimonials highlight the value of **external expertise**, **collaborative approaches**, and **strategic guidance** provided by the Foundation's clinical associates.



## Positive Resource Provision

Users have commended us for offering the right level of resources and events, although there is an appetite for additional resources.

Professionals appreciate the availability of toolkits, guidelines, and research materials, which they regularly use in their practice.

Feedback on these resources has been positive, with professionals using them to clarify terminology and gain a wider understanding of considerations in parent-infant relationships.

Key resources that were accessed between April 2023 and March 2024 include:

**Implementation Toolkit:** 190 downloads, with **2,790** page views on our website.

**Commissioners Toolkit:** 480 downloads, with **1,550** page views.

**Self-audit tool:** Viewed online **470** times and downloaded **38** times.

**Impact report:** 270 downloads.

**Foundation website:** 38,900 users accessing our site over **129,400** page views.



# The Impact of Specialised Parent-Infant Relationship Teams on Families



We published [a report](#) this year setting out the impact of teams. It highlighted three key findings:

## Strengthening relationships between babies and their caregivers

Parent-infant teams play a vital role in promoting babies' social and emotional development.

Local service evaluations indicate that risks to babies and young children, including those with serious safeguarding concerns, can be decreased through involvement with a parent-infant team.

Helping babies meet their early developmental milestones promotes their immediate wellbeing, sets them on a trajectory for positive long-term physical and mental health, and helps them achieve their learning potential.

## Supporting babies' social and emotional development

Involvement with specialised parent-infant relationship teams significantly reduces levels of anxiety, depression, and stress in caregivers.

This reduction is crucial as parental mental health difficulties are associated with adverse outcomes for babies in the short term and long term.

Improved caregiver mental health leads to better social, emotional, behavioural, and cognitive development in children, creating a healthier and more supportive environment for babies.

## Improving the mental health of caregivers

The interventions offered by parent-infant teams are highly effective at supporting caregivers to be more responsive, sensitive, and attuned to their baby's needs.

Evidence from local research and service evaluations aligns with national and international research, demonstrating that high-quality parent-infant relationships positively impact babies' brain development, early physical health, and emotional wellbeing.

Early interactions also support the development of language, emotional regulation, and other capacities critical for children's future success in education and work.



The feedback from professionals indicates that the Foundation's efforts are leading to meaningful changes in practice, ultimately benefiting families and babies. Specialised parent-infant relationship teams play a vital role in supporting families and promoting healthy early development.

**Through their interventions, these teams help to strengthen parent-infant bonds, improve parental mental health, and enhance overall family dynamics.**