



# **Infant Mental Health Team Fife**

## **Infant Minds Matter**

**SIMH-DC Albert Halls Stirling**  
**12<sup>th</sup> November 2025**

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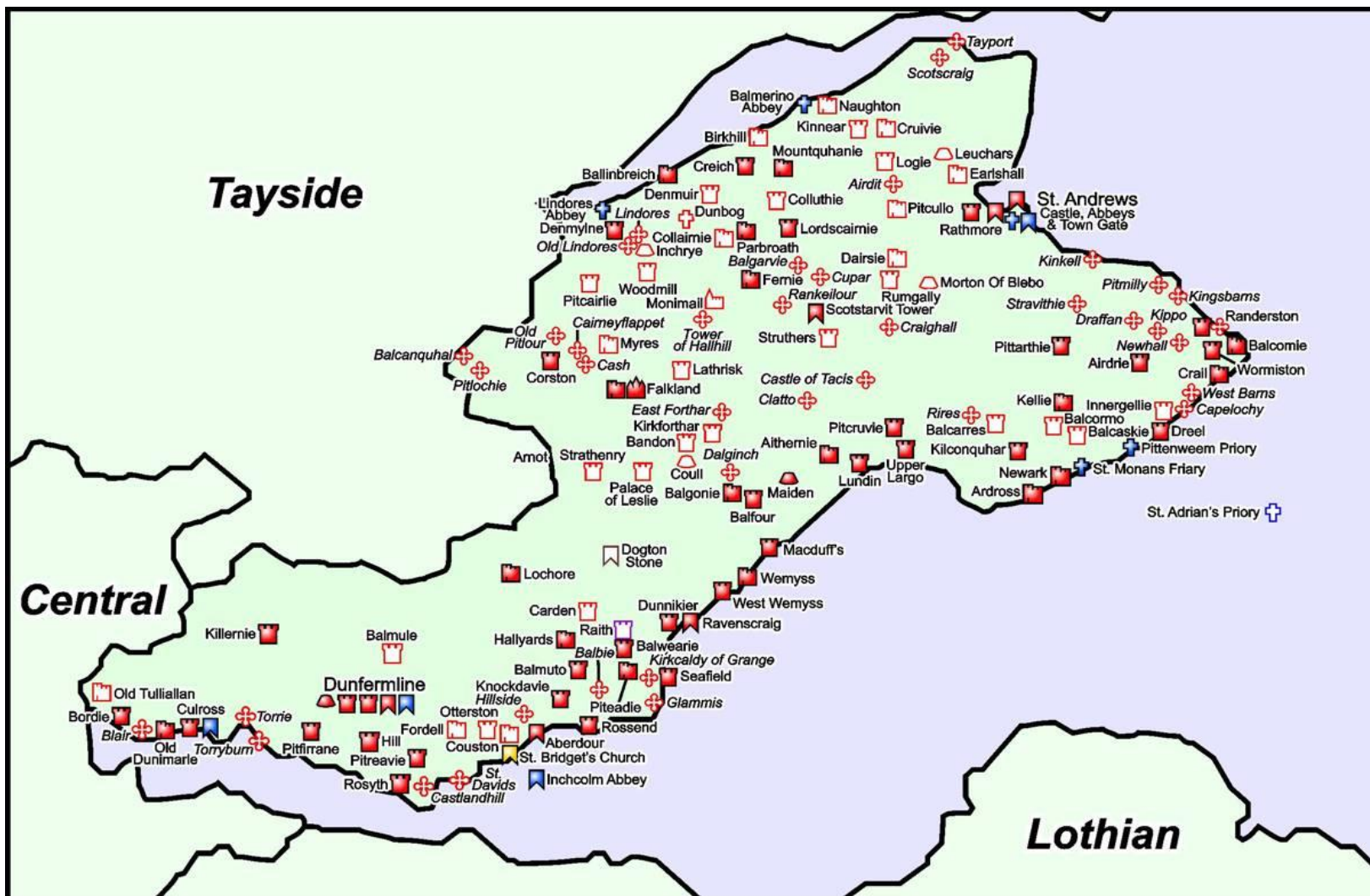
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**Catherine Webster, Principal Child and Adolescent Psychotherapist**

# Fife Health & Social Care Partnership

Supporting the people of Fife together



Fife Health and Social Care Partnership

A partnership between Fife Council and NHS Fife

[www.fifehealthandsocialcare.org](http://www.fifehealthandsocialcare.org)





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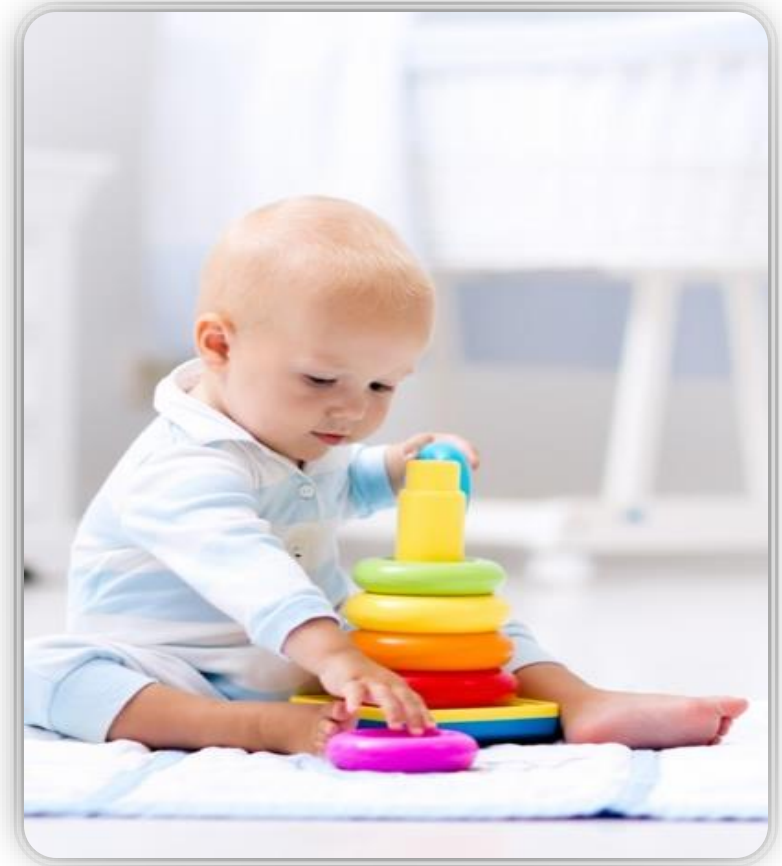
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## Early days- Working things out

- No base
- Sharing clinical space with other services
- Recording sensitive information about caregivers
- Keeping the infant at the centre when significant mental health issues exist in the caregiver





## What we provide

- Direct work- PIP model
- Specialist SV/Consultation
- Pre-birth work
- Solihull Postnatal Plus Parenting group
- Circle of Security Group
- Awareness raising within wider workforce



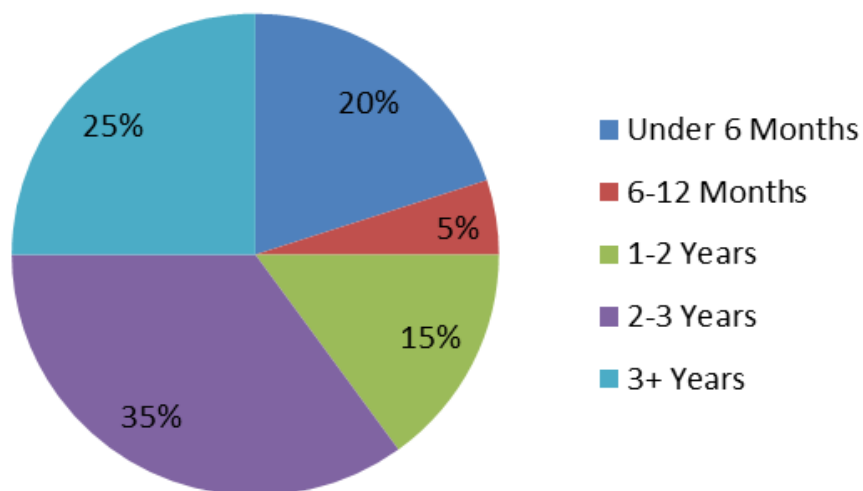
## Pathway

- Initial enquiry meeting
- Referral
- Home visit by allocated clinicians
- Initial meeting
- Assessment period
- Review meeting
- Block of sessions
- Review meeting
- Continue or close

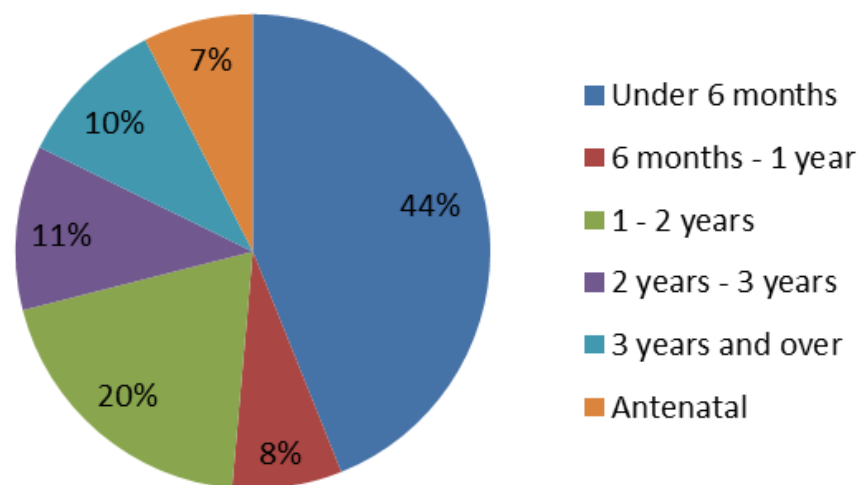




## Age at referral 2020/21



## Age at referral 2024/25







## Working together





## Lanarkshire Infant Mental Health

### Observational Indicator Set

# Infant Minds Matter

#### How to use this interactive resource

This is an interactive version of the **Lanarkshire Infant Mental Health Observational Indicator Set**. The interactive version is best viewed in Full Screen mode which can be accessed via the "View" tab at the top left of your computer screen. It contains the Introduction and **Observational Indicator Set Grid** listing the 50 indicators. The Introduction explains the intended purpose and rationale of the **Observational Indicator Set**, and how it is organised.

For anyone unfamiliar with the **Observational Indicator Set**, the Introduction should be read first in order for you to be able to understand what follows. You will need to navigate through the Introduction by clicking on the "Next Page" (or "Previous Page") button at the bottom of each page.

If you are already familiar with the purpose and rationale of the **Observational Indicator Set**, you have the option at the bottom of this page to navigate directly to the **Observational Indicator Set Grid**. Once on the **Grid** page, you can click on any Indicator box on the **Grid** and this will take you to a new page with Explanatory Notes and Red Flags for that individual Indicator. The Introduction explains the connection between the Indicators, Explanatory Notes and Red Flags.

You can navigate between the **Grid** of Indicators and the Explanatory Notes/Red Flags for each individual Indicator and back to the **Grid** of Indicators.

Next Page button ▶ Previous Page button ◀ Grid Page button **GRID**

◀ **GRID** ▶

# Infant Minds Matter

## Observational Age and Stage Indicator Set

**Red Flags** to support Health Visitor / Family Nurse Observation and Assessment

Infant minds matter

## Voice of the infant template

### Rationale

- To be used as a prompt for discussions or record keeping when reflecting on what infants are telling us.
- For practitioners to focus on the infant so that the child is always at the centre in line with GIRFEC.
- To prevent suppositions of what an infant's emotional wellbeing might feel for them.
- To identify sooner when there might be a problem with a child's relationship with his/her carer or issues around their mental health/emotional wellbeing.
- To support analysis when describing what a child is saying through their behaviour.
- To use with parents/carers as appropriate to support reflective conversations and change.

### Categories

- Facial expression
- Eye contact
- Voice and vocalisation
- Touch
- Gestures
- Body movement and posture
- Proximity to carer

Words are not exhaustive and absolutely interchangeable!

February 2023 Infant Mental Health Team Sarah Hallam Stewart

Fife Health & Social Care Partnership

## Voice of the Infant

### Best Practice Guidelines and Infant Pledge



# Pre-birth work

**Aim- To promote a healthy emotional start for the baby by supporting the parent-infant relationship before birth**

- Begin to think about the parent/baby journey
- Create a safe space to express difficult feelings
- Encourage focus on infant as own person





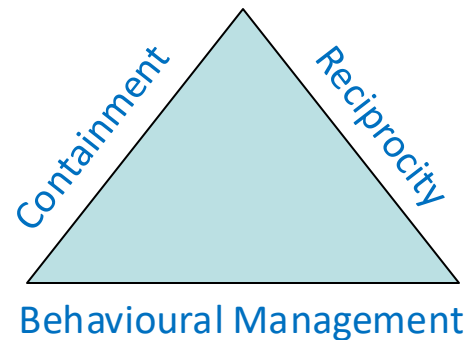
## Pre-birth work: How is it different?

- Only one clinician
- Primarily home visiting
- Flexible pattern- Client led
- Use of various tools to support connection



# Solihull Postnatal Plus Parenting Group

- Based on The Solihull Approach: a shared language and framework across NHS services.
- Provides early intervention for mothers/parents experiencing postnatal difficulties.
- Focuses on supporting the parent-infant relationship.





## Circle of Security®

Parent Attending To The Child's Needs



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## Clinic sessions

- Parent-Infant Psychotherapy model
- Weekly or fortnightly- one hour
- Two clinicians
- Play and the relationship

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