

# Two Hats

1. Child and Adolescent Psychotherapist,  
specialising in Parent-Infant Psychotherapy –  
**Brent Parent and Infant Relationship  
Service (PAIRS) in CAMHS**
2. Clinical Advisor –  
**Parent-Infant Foundation**





# The National Parent- Infant Relationship (PAIR) Framework Programme Update

**12<sup>th</sup> November**



**What** is it?

**Why** is it needed?

**How** will we do it?

**Who** will be involved?



# What is it?



The National PAIR Framework will develop best practice guidance to support implementation of parent-infant relationship pathways and improved provision in England.

It will draw on best practice from parent-infant teams and services across the UK.



# What is it?



The National PAIR Framework will develop practice guidance/resources in two areas:

1. **(Depth)** Supporting babies and parent-infant relationships facing the greatest challenges, with a focus on:
  - the antenatal period
  - babies in neonatal care
  - families with mental health difficulties
  - babies where families are involved with Children's Social Care.
2. **(Breadth)** Supporting the journey of care for families across the whole system, with a focus on:
  - early identification of need
  - connections between community, universal, targeted and specialist services
  - clear service offers for different levels of need.



# Programme Outputs



There will be a National PAIR Framework website, which:

- Provides overarching principles which can form a set of standards.
- Enables the implementation of parent-infant pathways and provision in local areas.
- Includes core guidance for working with families facing the most challenges.
- Cross-references to guidance from other professional bodies working in the 0-2 field.
- Includes examples of good practice to enable flexible delivery that is sensitive to local commissioning contexts.
- Has the voice of parents and babies at its heart with resources to help local areas communicate and support families.



# Why is it needed?



1. **Too many babies miss out** on the sensitive, nurturing relationships that shape their lifelong development. There is no national guidance or pathway to ensure every baby is reached.
2. **Vulnerable babies are being left behind.** Around 10–15% experience disorganised attachment, a marker of serious relational risk, while many more face insecure attachments that cause distress and harm their development.
3. **Families face fragmented systems.** Health, social care and community services are rarely joined up, leaving parents without clear routes to support and babies without their needs recognised.
4. **Local leaders lack clear standards.** Commissioners and practitioners want to do more, but without national best practice guidance and resources, provision remains inconsistent and short-term.





**How will we do it?**





# The National PAIR Framework project will pose the following questions




1. What does 'good' service delivery to support parent-infant relationships look and feel like.
2. What can be learnt about how to improve parent-infant relationship service provision:
  - For babies and families facing the most challenges?
  - Every service that supports babies and their families 0-2?



# The project will draw on five evidence sources

<b>'Lived' experiences</b>	<b>'Learned' experiences</b>	<b>Scientific peer-reviewed evidence</b>	<b>Resources and guidance</b>	<b>Practice-based evidence</b>
<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><sup>5</sup>.</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>Publications and guidance developed by the Parent-Infant Foundation and partners in the sector.</p>	<p>From Specialised Parent-Infant Relationship Teams and services</p>

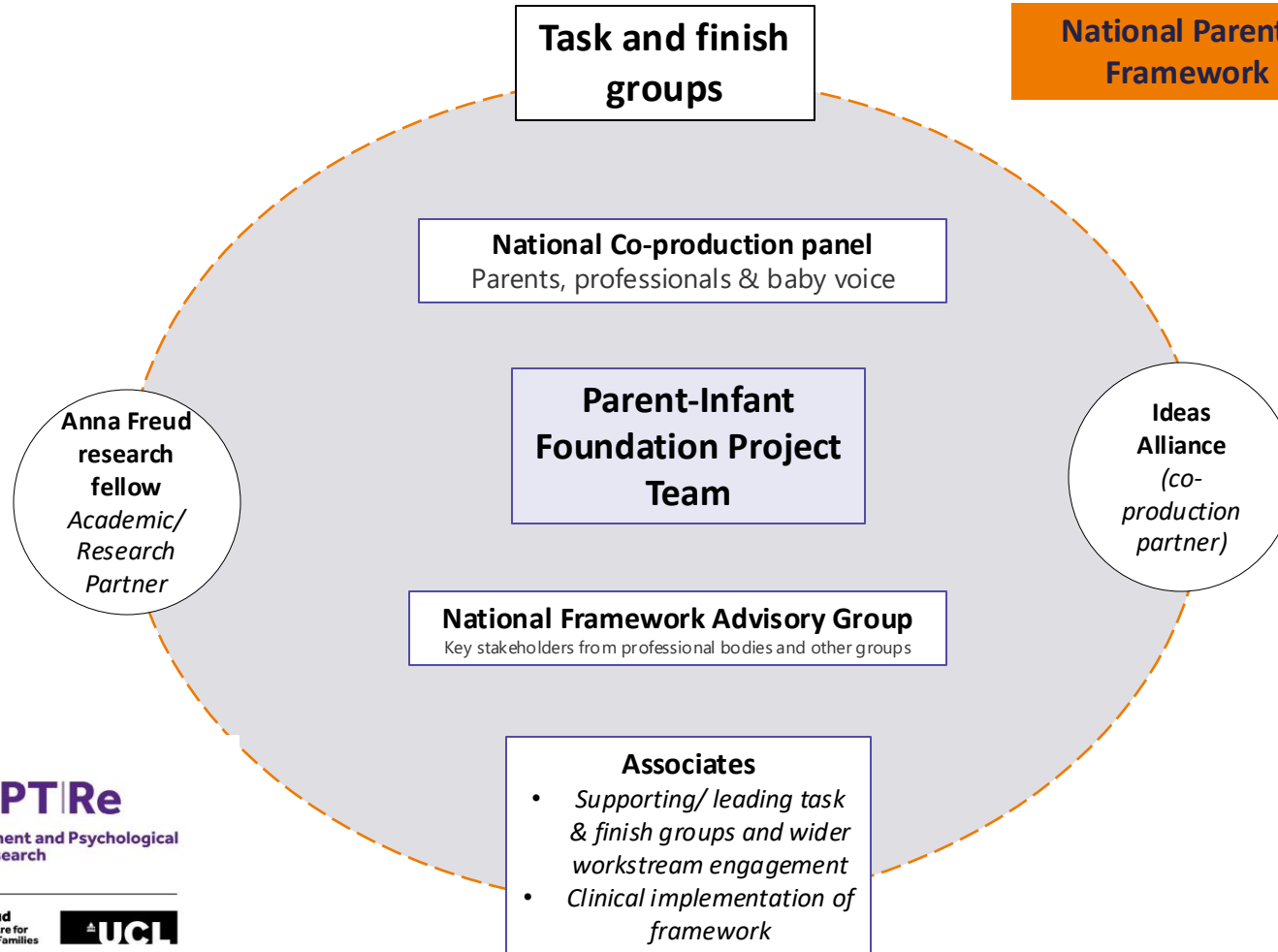




**Who will be  
involved?**



## National Parent-Infant Relationship Framework Programme chart



**Ch|A|P|T|Re**

Child Attachment and Psychological Therapies Research

A partnership of



Anna Freud  
National Centre for  
Children and Families



**IDEAS**  
ALLIANCE

# Project stages and timeline

## Years 1 & 2

### - Gathering Evidence and Insight

- Collecting evidence
- Developing a theory of change
- Co-production – babies and families facing the most challenges
- Co-production – national panel

## Years 3 & 4

### - Development of the framework

### - Dissemination and Implementation

- Writing and designing the framework
- Launch and dissemination activities
- Associate support to local areas to implement the National PAIRS Framework

# Other Developments

NHS England 0-5 Guiding Principles for Specialist Provision

Birth Companions National Pathway for women and babies who have involvement from children's social care in the first 1001 days

Voice of the baby





Thank you!

Dr Ben Yeo  
Clinical Advisor  
Parent-Infant Foundation  
[ben.yeo@parentinfantfoundation.org.uk](mailto:ben.yeo@parentinfantfoundation.org.uk)