

Dorset Parent Infant Partnership - DorPIP - Our First Year 2019

What we achieved...

Our **primary aim** was to improve the lives of **10 families** by supporting them with 10 sessions of parent-infant psychotherapy over 10 months.

The result was amazing: 52 families engaged in a total of **195 sessions** of parent infant psychotherapy, infant massage and facilitated peer support groups. Parents said that **learning to connect** with their baby was most helpful.

These results clearly demonstrate demand for our unique parent infant relationship service.

How we helped...

Working in collaboration with Health and Children's Social Care, local authority and third sector organisations.

Referrals come from midwives, health visitors, family outreach workers, Children's Centres, Domestic abuse refuges, hostels, third sector organisations and Perinatal Mental Health. **Parents reported reduction in levels of anxiety.** This is important because high levels of **stress** are toxic to babies and **impacts on baby brain development.**

What a difference our service makes...

100% - of parents would **recommend** us to a friend.
- of parents found it **easy to find and use** our service.
- of our stakeholders said that they are **happy** with our service.
- of stakeholders noted **positive change** in the parent infant relationship.
- of parents reported an **improved relationship** with their baby at the end of treatment and 6 months on this **improvement was sustained.**

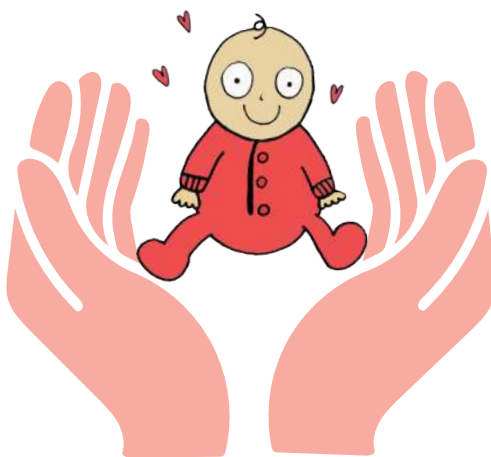
89% - of parents report their infant is **more relaxed** since engaging with DorPIP

46% - of families have **self-referred**, meaning that they have been supported when they need it. **With no waiting list.**

What people say about us...

"DorPIP is like a safe pair of hands."

"DorPIP is an invaluable, practical service. They offer hope for families and women needing help."



"The psychotherapy service was outstanding, it helped us hugely. Especially the bond between my baby and his father."

"There is no other local service like DorPIP."

Raising awareness and education

Communicating our Mission 'to inspire and nurture the human spirit, one baby, one parent and one community at a time'. We have presented at 14 different events for professionals, students and parents to an audience of over 2000. Teaching about the importance of nurturing early relationships to prevent harm. Reaching over 500 people worldwide every month on social media.

- We have proven **we make a difference** to the lives of parents and babies
- We have **laid the foundations** for an **invaluable** service for families in need of **help**

Investing in first relationships is an investment in all of our futures.

What next...?

- We want to continue to **build on** these solid foundations
- To offer a **consistent service with wraparound care** for families from conception to age 2 with specialist parent infant relationship teams providing 1:1 therapy, infant massage classes and facilitated peer support groups both in person and online across the conurbation and county
- **Fully integrated** with universal and targeted services
- Our costs to deliver this service is exceptionally low when compared to the social, emotional and financial cost of not providing this **highly valued, much needed service.**

For more information contact www.dorpip.org.uk