





## PARENTS







## **ABOUT US**

Having a baby or raising a young child can be a stressful time in the life of any parent. If there are additional difficulties it might be hard to cope at times.

ABC PiP is a therapeutic service which works with the strengths of the parent to help them build a positive relationship with their baby.

It gives you space to talk about any difficulties or challenging emotions you may be experiencing around parenting your baby.

## WHAT WE OFFER

ABC PiP Service aims to be as accessible and flexible as possible and we will see you in your own home and/or in small groups.

The different approaches we use are aimed at supporting you to build the strongest possible relationship with your baby.

These approaches will be discussed and planned with you. This could include support during your pregnancy, with sleep or other issues. We can also help you to learn about

your baby's development and skills such as baby massage.

Key working and therapeutic support is offered according to the needs of your family.

We actively encourage partners and other family members to participate.

## WHO CAN REFER?

ABC PiP Service is offered to families who live in the South Eastern Health and Social Care Trust grea.

You can be referred by one of the professionals or voluntary organisations working with your family. This includes your midwife or health visitor.

Families can also refer themselves by calling and leaving a message. One of our team will meet you to talk about the concerns you have and discuss what we can offer.

The Service is available for parents during pregnancy and families with children up to 24 months old.