



**Parent infant psychotherapy and  
pre-birth thoughts and feelings**

**Help with becoming  
a parent**

**Confidential**

**Helping you get the most  
from being a parent**

**For baby and you**



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*"Don't be scared, it works. It changed my relationship with my baby, rebuilt it and made it stronger. It is not about judgement, it's about you and your baby. It's magic!" Gina*

*"Do it, it will be the best thing you have ever done" Lisa, aged 19, mum to Lucy*

Northamptonshire Parent Infant Partnership is a local charity that offers parent infant therapy. Our work focuses on the developing relationship between baby and you.

Our parent infant psychotherapists care deeply about you and your baby and we want to help to develop a great connection and understanding of your baby, whilst helping you to overcome any problems getting in the way of you making the most of parenthood and your relationship together.

We provide a range of therapy to meet the needs of your baby and you. We take it at your pace, at a time and place to suit you. Your therapist can meet you at home or at a local children's' centre or GP practice.

Our programmes are free if you're on a low income.

If you do need to pay, we will work out a donation that fits in with your income, but never let money get in the way of seeking our help.



01604 924735

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[www.norpip.org.uk](http://www.norpip.org.uk) | [info@norpip.org.uk](mailto:info@norpip.org.uk)

17 Earl Street, Northampton  
NN1 3AU

Twitter:



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