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# Parenting Support Service

Information for parents, families and primary care givers



Contact details for Parenting Support Team

[PSS@belfasttrust.hscni.net](mailto:PSS@belfasttrust.hscni.net)



## Who are we?

We are a specialist service working with antenatal parents from 28 weeks of pregnancy, parents and primary care givers from birth to 4 years.

Throughout these early years life can be stressful for any parent and more so if there are additional difficulties. The Parenting Support Service is a therapeutic service which works with your strengths as the parent or primary care giver to help build a positive relationship with your baby or child.



## What do we do?

All parents have times when they feel tired or overwhelmed especially when their baby's needs are changing. It is during these times that as a parent you need to be kind to yourself and use your skills to reconnect

with your baby through observing, listening, and understanding them. Your baby is as unique and individual as you are, learning their subtle signals will make these times easier. We offer several interventions which are aimed at supporting you to build the strongest possible relationship with your baby or child.

## Interventions

- Behaviour management
- Sleep counselling and support
- Video interactive guidance
- Baby massage and yoga
- Brazelton Neonatal Behavioural Observation
- Incredible Years programmes
- Solihull Plus.

These interventions will be discussed with you and the most appropriate intervention to best meet your needs will be planned together with you and the practitioner.



## How can I be referred?

You can be referred into this service by your health visitor, perinatal mental health practitioner, or social complexity (SWAN) midwife. If you would like more information regarding this service please discuss it with your practitioner who can then contact the Parenting Support Team on your behalf for further information.

“If we value our children, we must cherish their parents”

(Bowlby 1988)

