

Current partnerships

Voluntary groups

SureStart

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Health & Social Care Trusts

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Family Support Hubs

Social Services



Parenting Support Service

Information for Professionals



Contact details for Parenting Support Team

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Who are we?

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

Our service aims to promote secure bonding and attachment, baby brain development, positive interactions to promote the optimal social, emotional and mental wellbeing for children residing within the Belfast Trust Area.



What do we do?

We offer a range of therapeutic support services both working individually with families on a one to one basis or in group settings. We offer several approaches including Solihull, Five to Thrive, Incredible babies and Incredible years.

Interventions

- Behaviour management
- Sleep counselling and support
- Video interactive guidance
- Baby massage and yoga
- Brazelton Newborn Behavioural Observation
- Solihull Plus.

Who can refer into the service?

Any Belfast Health Visitor or member of the Perinatal Mental Health Team or the Social Complexity Midwifery Service.

How to refer to the service

Family Health Visitor, Perinatal Mental Health Practitioner or Social Complexity Midwife to complete a referral form using the Referral Criteria for guidance accessed on the trust intranet and once completed send to the Parenting Support Service at PSSreferrals-SM.



Service criteria

- Any child who resides in the Belfast Health and Social Care Trust
- Any child under the age of 4 years
- Children who are presenting with social emotional and/or behavioural difficulties with parental and/or professional concerns
- Children or families who have already had intervention work completed by the Family Health Visitor or member of the Health Visiting Service.

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

(Bowlby 1988)

