

NSPCC

Welcome

NSPCC Early Years

South West & Channel Islands



Housekeeping



We will be recording the session.



To turn on closed captions, click the three dots and then 'Turn on live captions'.



Speakers are muted so please use the **chat function for questions**



Cameras will be on for all presenters who are in person to support accessibility for attendees.



If you experience technical issues, check your internet connection and try re-joining the call.

Introductions



Helen Johnson
Children's Services Practitioner

Claire Tilney
Children's Services Practitioner

Mark Godding
Regional Relationship Manager



Pregnancy in Mind

Expecting a baby can
cause complicated feelings.
Pregnancy in Mind can help.

Developed and tested by

NSPCC



Pregnancy In Mind (PiM)



What is PiM?

A virtual or face-to-face, evidence-based service to support the emotional wellbeing of pregnant parents and their partners as a preventative approach

Designed to support parents who are at risk of or experiencing mild to moderate anxiety or depression in the perinatal period

8 x groupwork sessions
2 x postnatal check-ins



Core Themes

Mindfulness meditation

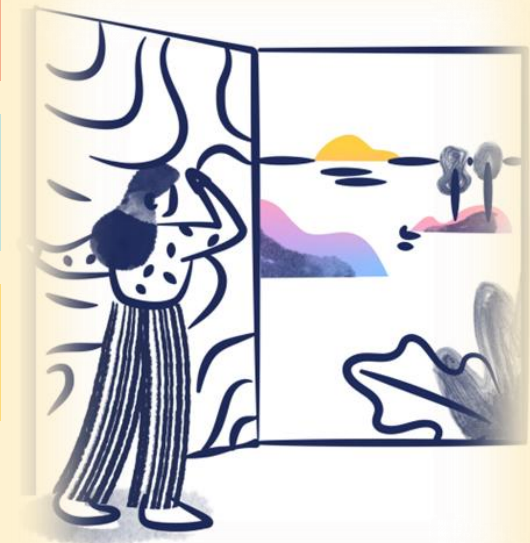
Active relaxation

Psychoeducation and coping skills

Social support

Developing a connection with baby

Couple and co-parenting relationships



Mindful Moment



Impact of mental health

Difficulties with mental health during pregnancy can have a lasting effect on some children. Stress chemicals (cortisol) produced by the pregnant person experiencing depression or anxiety can affect their unborn baby's development.

Anxiety and depression during pregnancy can also increase the risk of postnatal depression, which can impact the quality of care provided after the baby is born.



(National Institute for Health and Care Excellence, 2020).
(O'Donnell et al, 2014).

Who benefits from PiM?

When symptoms are identified, expectant parents often struggle to access the support they need. Services often focus on a pregnant person's symptoms but fail to tend to the developing relationship with their baby (Darwin et al, 2021).

In addition, services often ignore the mental health of fathers or partners in the perinatal period, or the important role that they play in their partners' and babies' lives.

- Unborn baby
- Pregnant person
- Non-carrying parent / partner
 - Support person
- Other children in the family



Case Study



Criteria and how to refer

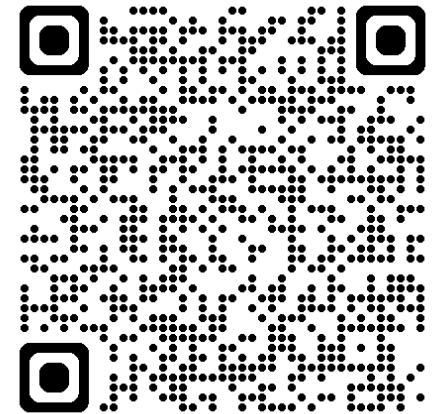
Eligibility

- No later than 26 weeks of pregnancy (to allow time for programme to be completed).
- Anxiety and low mood to be mild to moderate (can support higher level of need as long as its well managed).
- Non-birthing partner can be referred in their own right.

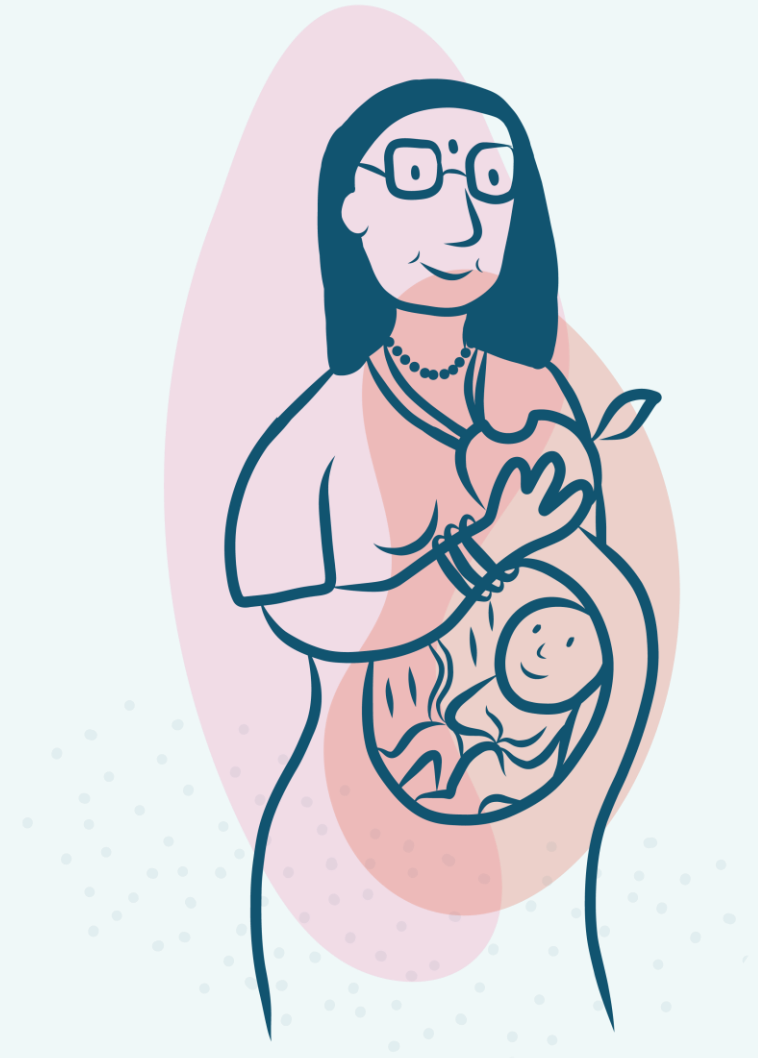
How to refer

- Self-referral or from professionals
- Call our Hub 01793 683100 for case discussion or to make referral.
- If preferred, complete a referral form and email to swciregionalhub@nspcc.org.uk

[NSPCC Pregnancy in Mind \(PiM\) Information](#)



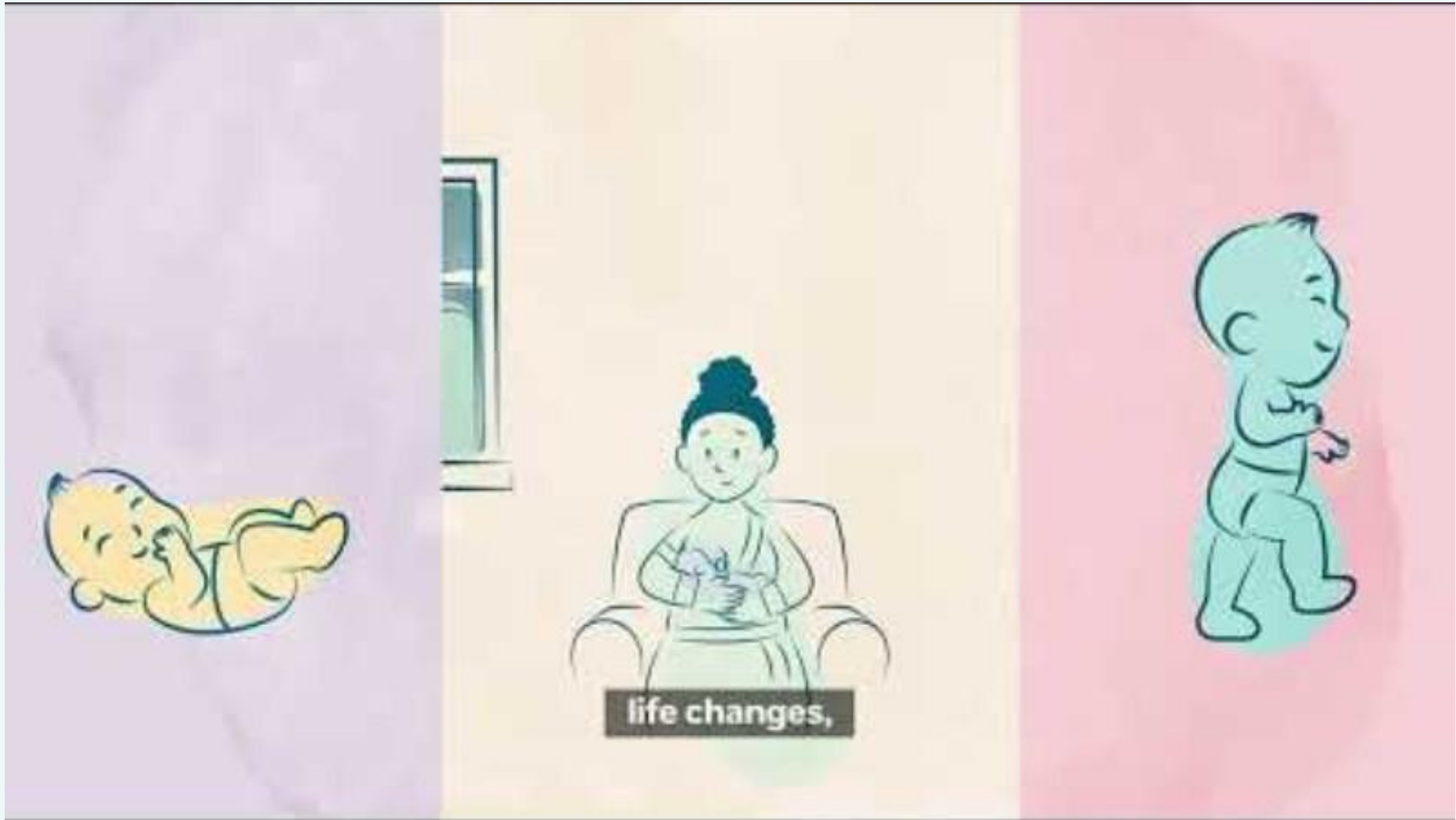
Baby Steps



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Baby Steps



What is Baby Steps?

Baby Steps is...

- An evidence-based, holistic perinatal education program that helps parents prepare for and navigate the transition to parenthood.
- Open to all expectant parents (and non-carrying parents) whether it's their first pregnancy or not, recognising that each pregnancy is unique and requires its own transition.
- Tailored to support expectant parents dealing with additional challenges, stressors, and disadvantages.
- The programme is delivered via face-to-face group sessions (typically 2 hours in length) but can be adapted for virtual and one-to-one delivery.



What is Baby Steps?

Programme **Aims:**

- To optimise parents' and babies' health and wellbeing.
- To promote protective factors to support sensitive parenting and secure attachment.
- To meaningfully engage with parents in the context of their everyday lives.



Programme **Objectives:**

- To support parents to manage the emotional and physical transition to parenthood.
- To nurture healthy relationships by encouraging listening and conflict resolution skills.
- To encourage the development of sensitive, reflective relationships with the baby from the antenatal period onwards.
- To promote healthy child development within a network of supportive relationships.

Foundational Themes

Developing relationships and support

Parent and baby connections

Mind and body Wellbeing

Becoming a parent

Understanding pregnancy and baby
development

Antenatal Topics



How Our Babies Develop



Giving Birth



Our Health & Wellbeing



Caring for Our Babies



Becoming a Parent



Meeting our Babies

Postnatal topics :



1:1 Post-natal Session: General check in



Our Families Futures



Welcoming Our Babies



Bonding with Our Babies



Case Study



Criteria and how to refer

Eligibility

- No later than 26 weeks of pregnancy (to allow time for programme to be completed).
- Non-birthing partner can be referred in their own right.
- We welcome referrals for those on unborn CP plan, however risks should be managed and not mandated attendance

How to refer

- Self-referral or from professionals
- Call our Hub 01793 683100 for case discussion or to make referral.
- If preferred, complete referral form and email to swciregionalhub@nspcc.org.uk

[NSPCC Baby Steps Padlet Information](#)



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Thank you

Any feedback, questions or
follow up from today?

