

GroBrain Guide for Professionals

What is GroBrain?

GroBrain is an effective training programme for health, family help, education and voluntary sector practitioners to support and promote infant mental health. A recent Parent-Infant Foundation report recommended that 'All families should be offered a strengths-based education package, such as GroBrain, or similar, to enhance their understanding of the importance of parent-infant relationships with their current and future children.' <https://parentinfantfoundation.org.uk/wp-content/uploads/2022/02/Securing-Healthy-Lives-ENGLISH.pdf>

GroBrain delivers evidence-based information using visual materials that are easy to understand and easy to remember. GroBrain provides psychoeducation on the following topics: bonding and brain development, 'Tuning in' to babies' cries and signals, communication and play, and stress management for parents.

Who is it suitable for GroBrain?

GroBrain can be used preventatively at universal levels, and to support targeted and specialist work to support parent-infant relationships and good infant mental health and brain development. The Growing Well Together Team (Navigo Parent-Infant Relationship Service) are offering GroBrain to parent(s)/primary caregiver(s) of infants up to 2 years old where there is an identified need in the parent-infant relationship and the parent(s)/caregiver(s) would like to strengthen their relationship with their baby. We work with primary caregivers, including parents, foster carers, grandparents, or others who may be in this role. As a service we committed to supporting dads, LGBTQ+ parents/caregivers, and families that might find traditional services more difficult to access.

How is GroBrain delivered?

GroBrain can be delivered on a one-to-one basis with families or in groups either face to face or online. Sessions will last 1-1.5 hours long and will take place in a setting chosen by the family, such as at their home, at a family hub, or in our clinic base. The number of GroBrain sessions will vary family to family, but typically GroBrain groups are four sessions in duration.

How to refer:

If you think you have a family that may benefit from GroBrain or any other parent-infant relationship assessment and support, please refer to us using our referral form and/or contact us to discuss making a referral; via email: navigo.growingwelltogether@nhs.net or telephone: 01472 252570. We look forward to hearing from you.