

GROWING WELL TOGETHER

Navigo Parent-Infant Relationship Service (PaIRS) **Referral Criteria**

Who are we?

The Growing Well Together Team is a new Parent-Infant Relationship Service set up as part of the Start for Life programme in North-East Lincolnshire. The aim of our team is to support local primary caregivers to develop strong relationships with their babies as we know how important these early relationships are for development and wellbeing during childhood and into adult life.

We are a multi-disciplinary team with expertise in supporting and strengthening the important relationships between babies and their primary caregivers, in pregnancy until the child is age 2 years. 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.

What do we offer?

The team will aim to promote a loving secure relationship between primary caregivers' and their infants, which lays the positive foundation for health and well-being for the rest of the child's life.

We offer this service in three ways: 1: Direct Therapeutic Interventions with families, 2: Consultations with Professionals supporting families, and 3: Training for stakeholders. Using direct and indirect interventions will allow us to reach as many families as possible. It also helps us to work closely with our partner agencies and services to develop how we collectively support and nurture early relationships in the local community.

If indicated following a referral or consultation with our team, a member of the team will offer a comprehensive assessment, ensuring the family's concerns and wishes are at the forefront of all care planning. All the information gathered will be discussed within the multi-disciplinary team to formulate a support plan.

The team will offer evidence-based and practice-informed therapeutic interventions to strengthen the parent-infant relationship including psychological therapy and approaches, such as Solihull and trauma-informed approaches, Video Interaction Guidance (VIG), Newborn Behavioural Observation (NBO), and Circle of Security Parenting (COSP), this list is not exhaustive. The interventions may be delivered one to one or in a group and will be offered in the family home and/or various community settings according to

preference of the caregivers and baby and availability. The service operates core hours of 9.00am – 5pm Monday to Friday, with some flexible working in line with service needs.

The team will work by embedding the principles of the THRIVE model using a ‘needs led’ and trauma-informed approach.

Who might this service support?

The team provides consultancy support to all North-East Lincolnshire services working with families who have concerns regarding parent-infant relationship difficulties. We would advise that you contact the team to discuss any concerns you may have prior to making a referral at navigo.growingwelltogether@nhs.net (tel. 01472 252570).

We offer a comprehensive consultation offer to professionals, including:

- Access to specialist advice and support via one-off consultations with professionals,
- Ongoing consultation with professionals where direct work might not be helpful but the system would benefit from support,
- MDT group supervision via our Thinking Together about Baby meeting (see additional document with details about weekly ‘Thinking Together about Baby’ group supervision),
- Bespoke reflective practice supervision to teams on request.

Please contact us at navigo.growingwelltogether@nhs.net tel. (01472 252570) to arrange a suitable time for a consultation with the team.

Referrals can be received from any services who are currently working with primary caregivers, who would like therapeutic support to strengthen their relationship with their infant.

- They will predominantly be within the perinatal period and up to a child being 2 years old.
- The primary caregiver and infant must be residents or temporary residents (including students and travelling communities) within North-East Lincolnshire and/or registered with a North-East Lincolnshire GP.
- The referred caregiver(s) will be aware of the referral and have consented to being referred to the service.

When might this service not be suitable?

- Primary caregiver currently being supported by the Specialist Perinatal Mental Health (PNMH) service and assessing parent-infant relationship support through this service. In the first instance contact PNMH service (01472 256256).
- When the primary caregiver’s mental health needs are the main concern and requires addressing first.
- Primary caregivers with a substance dependency, who are not currently supported by substance misuse services. In such situations careful considerations should be

given to establishing a collaborative joint working relationship between services to ensure assessment of family lifestyle and capacity to identify and place baby's needs as a priority. Further discussions between services should always be sought.

- Parent-infant relationships that are unlikely to be able to benefit from a direct parent-infant intervention at this time, for instance when the family's social needs are the predominant concern such as some families open to a child protection plan or going through the pre-birth process. Indirect consultation however may be beneficial.
- Children at Child Protection or on a pre-birth assessment plan.
- Hospital inpatients (babies, infants, and women) who are already supported by their own teams/specialist provision.
- Referrals specifically for court reports or consultation for private law proceedings (e.g. custody issues) are excluded from the service.

What you can expect from us following a referral

We aim to:

- Acknowledge the referral within 5 working days.
- Triage process within 10-15 working days.
- Following the outcome of the triage, we will offer an assessment or suggest an alternative course of action that may be more appropriate to meet the family's needs.
- Following outcome of assessment, we will formulate a care plan and if direct intervention meets the family's needs, or we may suggest an alternative course of action.
- The team will provide feedback of the assessment outcome to the referrer and if allocated, the name of the specialist PaIRS practitioner.
- Send a discharge letter to the client and forwarded to the referrer / GP at the point of discharge from our service.