The Parent-Infant Relationship
Bradford’s Revolution

Jane Dickens - Health Visitor
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The Parent Infant Relationship model
- New initiative in Bradford
  - Identified need – lack of knowledge, skills,
  - Resources (practitioners and families)
    - Developed Parent Infant Relationship training and resource
    - Outcomes and next steps
The Parent Infant Relationship Training and Resource Cards
Policy into Practice

- High Impact Areas 1 and 2 (2014)
- NICE, 2014; NICE QS 115 (2016)
- Maternal Mental Pathway (2012)
- NSPCC – Prevention In Mind-All Babies Count (2013)
- Bauer et al (2014)
Parent Infant Relationship Model

TRAINING

PARENT-INFANT RELATIONSHIP RESOURCE CARDS

CONSULTATION

CHAMPIONS

CHANGING KNOWLEDGE SKILLS - CHANGING PRACTICE

EVALUATION
Creating the Cards - before and after!
Resource Cards –

- Embed Parent Infant Relationship training into practice
- Pictures allow discussion, time to wonder and think
- Information on back of pictures provides key pieces of information around specific aspects of the parent infant relationship and how to understand your baby
- Can be used to re-inforce key messages as well as intervention when professionals identify a need or mismatch of response from parents to baby
- Cards are on a key ring so can be used individually
Resource Cards:

- For Practitioner to use with family
- Used to support theory behind secure attachment as underpinning philosophy for every contact
- Not prescriptive but individualised use
- BRINGS EVIDENCE DIRECTLY TO THE PEOPLE WHO MATTER – THE FAMILIES
Key Themes Reflected in Cards:

- Maternal sensitivity
- Mind Mindedness
- Mid-range contingency
- Repair
Sample of Parent Infant Relationship Resource Cards

• Follows…

Enjoy!
Sections

1. Pregnancy
2. Parenting and Family Relationships
3. The Brain
4. Synapses
5. Born ready to Relate
6. Mutual Gaze
7. Contingent Marked Mirroring
8. Cues
9. Ready to Relate
10. Time To Change
11. Too Much
12. Distressed
13. HPA Axis
14. Do Not Disturb
Pregnancy

Help mum engage with baby to facilitate ante-natal attachment. Encourage love - love releases oxytocin.

Oxytocin is one of the chemicals that can help baby’s brain development. The better mum feels now, the better for baby.
Pregnancy

The beginning of your relationship together

Sing to me
Stroke me
Talk to me
Think about me

Build your relationship from now onwards
Parenting and Family Relationships

- How would you like to parent?
- How were you parented?
- How will you parent together?
- How would you like your relationship with your child to be?
The Brain

- Baby’s brain develops astronomically up to 2 years old. At its peak the brain wires up at 2 MILLION synapses PER SECOND…WOW.

- Experiences affect the brain connections that baby makes.

- The brain doubles in size in the first year and by age 3 has reached 80% of its adult volume!

Synapses

- Baby’s brain develops astronomically up to 2 years old. At its peak the brain wires up at 2 MILLION synapses PER SECOND...WOW.

- Experiences affect the brain connections that baby makes.

- The brain doubles in size in the first year and by age 3 has reached 80% of its adult volume!

Born Ready to Relate
Mutual Gaze

- Mutual gaze with main carers benefits baby so it is just as important with dads.
- Mutual gaze gives pleasure to both.
- It releases pleasurable chemicals which helps baby’s brain grow.
Contingent Marked Mirroring

- Mirroring is when parents show their baby that they understand how their baby feels through facial expression and voice tone.

- It helps baby feel understood and helps you be in tune with one another.

- It helps baby begin to learn to make sense of what they are experiencing and manage it.
Enjoy the joy
Cues Section

These next sections cover engagement and disengagement cues in different categories, with pictures on one side and information around spotting the cues and suggested ways of responding on the reverse.

The HPA axis section helps us understand why babies need a faster response when distressed. Now follows a selection of our pictures and a sample of text.
Cues
Ready to Relate
Time to Change
Too Much
Distressed 2

- Babies need their parent to help them manage their emotions.
- Newborns need a fast response and older babies need a timely response.
- Engage with baby
  - Gently rock baby
  - Touch and stroke baby
- Comfort with cuddles
- Soothe with your voice
- Suckling can give comfort to babies
- Skin to skin from newborn to older infant
- You CANNOT spoil a baby with love!
Hypothalamus-Pituitary-Adrenal Axis
Do Not Disturb
Pilot Evaluation - Parents

‘I didn’t know a little baby was able to communicate so much. I wish I had known this with my first child…. ‘ (mother of 6 week old baby)

‘I have been talking to my baby and looking into her eyes much more because the HV showed me the cards. I think my baby and I are very close because of this (Talking and looking into her eyes).’ (mother of 2 week old baby)
Pilot Evaluation - Professionals

Cluster Manager: ‘This is so fantastic – exactly what we need, this will fit in with the projects and groups we want to run with families and children. This would be perfect for the Family support workers’

Health Visitor: ‘The pictures are of real people and babies so the client can relate to the different emotions displayed by the baby. These will also be useful for students’
Pilot Evaluation - Interpreters

Interpreter: ‘Pictures are very helpful – especially when there is a language barrier. This will be helpful for interpreters in their understanding and it would be good for all HVs to use these at all the visits’
Future.....infinity and beyond

• Thorough evaluation
• Capture – system 1 templates
• Training and cards with Midwives and Early Years - so the same messages follow families
Bradford BIG NUMBERS

• 230 – Health Visiting team members
• 210 – trained and have the cards
• 8500 – births per year in Bradford – all visited by Health Visitors
Thankyou

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