

What can PIP help with

Some of the issues parents maybe experiencing could include:

- Feelings of low mood, anxiety or difficulties in adjusting to parenthood following the birth of baby
- Persistent feelings of stress and anxiety following a traumatic birth
- Previous experiences of loss such as multiple miscarriages or still birth
- Finding it difficult to bond with your baby.

Or a parent may be concerned that their baby:

- Is experiencing sleep problems and they are struggling with long, wakeful nights
- Crying excessively or seems fussy and hard to soothe
- Experiencing difficulties being away from each other or with separation
- Very quiet or appears disinterested in what's happening around them.

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How can I be referred?

You can be referred by a professional e.g. Health Visitor or Social Worker, or you can refer yourself.

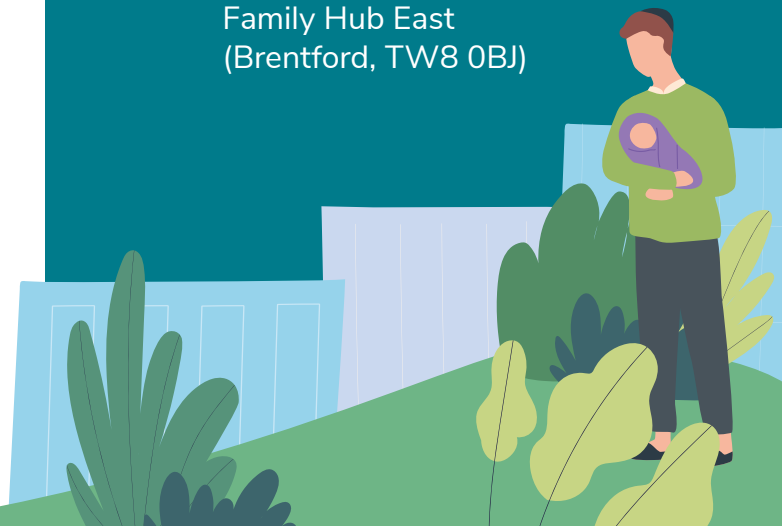
Sessions are offered across:



Family Hub West
(Feltham, TW13 5AF)

Family Hub Central
(Lampton, TW3 4JG)

Family Hub East
(Brentford, TW8 0BJ)



Parent-Infant Psychotherapy

This pamphlet aims to explain what Parent-Infant Psychotherapy (PIP) is, and how to access it in Hounslow.



Contact us

✉ familyhub@hounslow.gov.uk

www.hounslow.gov.uk/familyhubs



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What is PIP?

Parent-Infant Psychotherapy is a talking therapy that seeks to support the development of a healthy relationship between parents and their infant.

The therapy hopes to understand and make sense of the impact that the baby has on the parent and vice-versa. This is achieved by working with you to help build a greater understanding of your baby's needs and being able to respond sensitively to them. This helps to ensure the baby's healthy development.

PIP can help parenthood feel easier and more enjoyable and support both you and your baby to thrive.

Who is this service available for?

Parents who have a child under the age of 18 months and live in Hounslow.



What happens in PIP?

You will sit on the floor with your baby and the therapist and talk, watching your baby, sharing thoughts about what could be happening.

Together, you may talk and think about both your needs and those of your baby, in a way that may help you understand and tune-into the varied ways your baby communicates as well as your own responses to your baby.



What happens at the first meeting?



You and your baby will be seen together for an initial consultation.

This meeting is to hear about your concerns and learn about your family's needs and decide with you what would be most helpful for you and your baby.

With your permission, it might help the therapist to speak with any other professionals involved with you and your baby.

If this service is something that is felt to be beneficial for both of you, you will be offered 50 minute sessions, at the same place and time each week.

How long the sessions last will depend upon what you feel is most helpful. Sessions can continue up until your baby is 2 years old.