

HELP IS AVAILABLE

- Are you finding it hard to bond with your baby/child?
- Do you think your baby/child does not like you?
- Are you finding it difficult adjusting to parenthood?
- Are you concerned about your baby/child's emotional health?
- Do you suffer from mental health issues e.g. anxiety, depression, low self-esteem, trauma?
- Do you understand the impact of addictions or domestic violence on your baby/child's mental and emotional development?

Talk to your GP, Midwife, Health Visitor, Social Worker or other health professional who can contact i-CAMHS for advice and refer you for direct support.

CONTACT DETAILS

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Southern Health
and Social Care Trust

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INFORMATION FOR PARENTS

“Helping parents understand and respond to their infant's unique way of communicating is probably the most important intervention to the infant's development of a secure attachment.”

P Svanberg (2002)