

What is Lothian PAIRS?

Lothian PAIRS is a multidisciplinary team who will work with infants, from conception to their 3rd birthday, their parents/carers, and the people who support them.

The aim of our service is to deliver a compassionate, inclusive, and effective service which views the parent -infant relationship as the vehicle for change for **optimal infant mental health**.

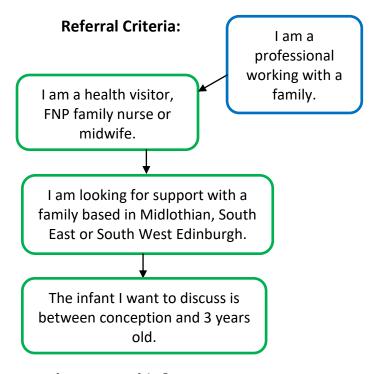
We aim to do this by:

- providing specialist support for those working with infants and their families in the universal and universal plus workforce, including Health Visitors, third sector organisations, and social care, and
- offering a direct service to infants and their parents / carers, through group and one-to-one evidence-based interventions which target the relationship.

What can I access?

The PAIRS team offer a 45 minute telephone or MS Teams sessions during which we can think together about the needs of the family. **Consent must be obtained from the family**.

This meeting will highlight which services might be helpful for the infant and their parent/carer and ideas for working with the relationship. This may be a one off, we may offer further meetings, or we may decide to meet the family for direct work as an outcome of this request.



How do I access this?

If you have an infant that meets the referral criteria and you would like a consultation for them, please complete the details overleaf and send to loth.pairs@nhslothian.scot.nhs.uk.

You will be contacted to book a consultation appointment.

We will aim to respond within three working days, and offer a consultation slot within 10 days.

Who might I consider referring? Infant may present with (for example):

withdrawn, inhibited behaviour, significant sleep and feeding problems, infant distress, development delay

Parents may present with (for example):

bonding, building relationship/attachment problems, reported or observed difficulties in parent-infant relationship, sense of disconnection/indifference with infant, excessive worry about relationship

The following health centres are included in the PAIRS 'South Edinburgh' commencement site:

- Pentlands
- Allermuir
- Braids
- Wester Hallies
- Currie
- Balerno
- Craigmillar
- > Craigour: Ferniehill and Inch
- Gracemount
- Conan Doyle
- Liberton
- Tollcross
- Bruntsfield

Morningside

Lothian PAIRS 1st Floor Mackinnon House Royal Edinburgh Hospital EH10 5HF



Lothian Parent and Infant Relationship Service (PAIRS) Consultation Request Form								
Child's Name		Child's DOB or EDD		nild's NHS mber (CHI)	Address			
Preferred Name of Parent		Parent's DOB	Parent's NHS number (CHI)			Parental ponsibility	Address (if different to Child)	
1					ΥE	S 🗆 NO 🗆		
2				ΥE	S 🗆 NO 🗆			
Other Professionals supporting the family								
Service	Practitioner Name & Practice or Team			Telephor numbe	Work already undertaken		Work already undertaken	
GP								
Midwife/Sp Midwife								
HV								
Social worker								
Adult mental health								
Other								
Briefly outline your concerns and describe what would be a good outcome of the consultation								
Have the family given consent for the consultation to take place? YES □ NO □ (Consent is required)								
Would you rather the consultation take place via telephone \square or via MS Teams \square								
Referrer's details								
Name:				Design	Designation:			
Telephone number:				Email:	Email:			
Weekdays available for consultation:								

Authorised: Jun 2022 Review: Jun 2025