

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:

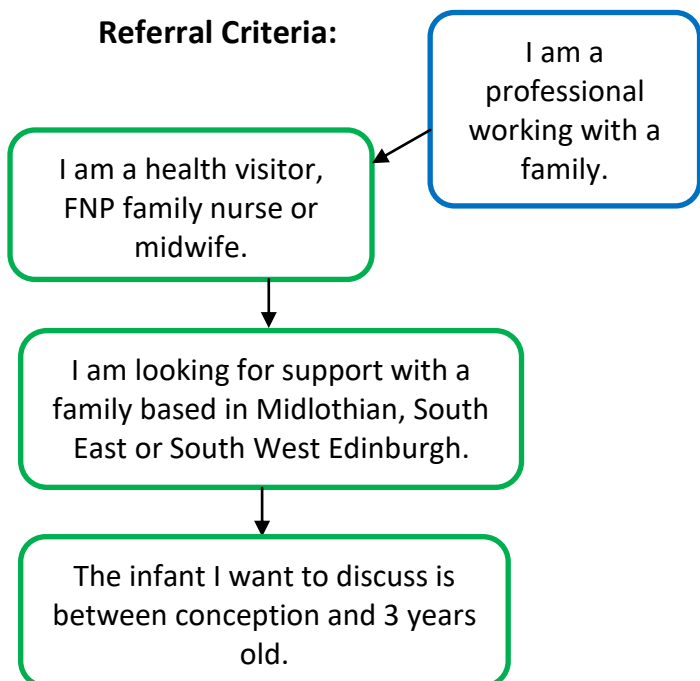
- providing specialist support for those working with infants and their families in the universal and universal plus workforce, including Health Visitors, third sector organisations, and social care, and
- offering a direct service to infants and their parents / carers, through group and one-to-one evidence-based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

Referral Criteria:



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Infant may present with (for example): withdrawn, inhibited behaviour, significant sleep and feeding problems, infant distress, development delay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

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.

