

Lothian Parent and Infant Relationship Service (PAIRS)

Supporting healthy minds for every infant

For Professionals



Lothian **P**arent and **I**nfant Relationship Service (PAIRS)



A nurturing and strong relationship with at least one parent/carer helps a baby get off to the best start in life. There are lots of reasons why developing this relationship can be difficult.

Our team at PAIRS will work directly with infants and their parents/carers, as well as those who work with families, to help understand and support this relationship.



Who are we?

We are a small team from a range of professional backgrounds, all with a shared interest and expertise in infant development and the importance of early relationships. We provide support to parents/carers and their babies during pregnancy and following birth, up to the age of three.

Initially, we will be working with families only in Midlothian and South Edinburgh.

What do we do?

We focus on supporting the connection between infants and their parents/carers, encouraging the development of a strong, loving relationship. We understand that things such as difficulties in pregnancy, a traumatic birth, past parenting experiences, loss or bereavement, low mood or anxiety can all affect the relationship between a parent and their child.



We offer support to understand and strengthen this relationship using a range of different interventions.



What do we offer?

Professional Consultation

We create a space to think together and consider the needs of the infant and the family. We can provide advice, signposting and where appropriate we will recommend further support from the PAIRS team.

Newborn Behavioural Observation (NBO)

The Newborn Behavioural Observation or NBO is designed to strengthen the relationship between infants and parents, by supporting parents to read their baby's cues. It is used with infants from birth to 3 months of age.

The observations are done with the parent/carer, to support them to understand their infant's unique strengths and areas they need support. This in turn increases parents' skills and confidence in getting to know and care for their infant and feel closer to them.

Video Interaction Guidance

Video Interactive Guidance, or VIG, uses video clips of interactions between a parent and infant to strengthen their relationship. These moments are shared with the parent, boosting their confidence in recognising and responding to their infant's needs.

Group Work

PAIRS offers evidence-based group interventions including Circle of Security, Baby Bonding and Watch, Wait, Wonder. All sessions are delivered by highly skilled therapists, sometimes in collaboration with our partner agencies; helping parents to understand and address the difficulties they are experiencing, while also gaining support from each other.

Reflective Parenting

Through developing a trusting relationship, the therapist gently explores current feelings and how they are influenced by past and present relationships and experiences. Through this process, the therapist helps the parent observe and find different, more healthy ways to relate to their baby.

Training

PAIRS delivers a range of training and professional development opportunities for those that have an existing role with infants and parents.

Interested in finding out more?

If you have concerns about any of the infants and parents that you are working with, please view the range of resources and information on our website:

<https://weare.nhslothian.scot/pairs>

Or contact us at

loth.pairs@nhslothian.scot.nhs.uk

for a consultation request form.

