

## Session 1:

# Early Beginnings: Strengthening Parental Support in Pregnancy and the First Months

**NSPCC**



Lancaster University 





# **A psychology-led approach to identifying support in pregnancy for babies on the edge of care**



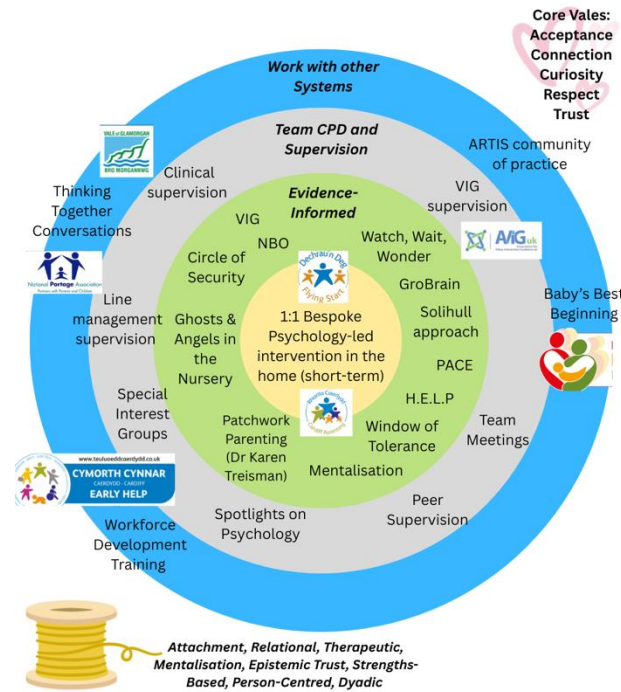
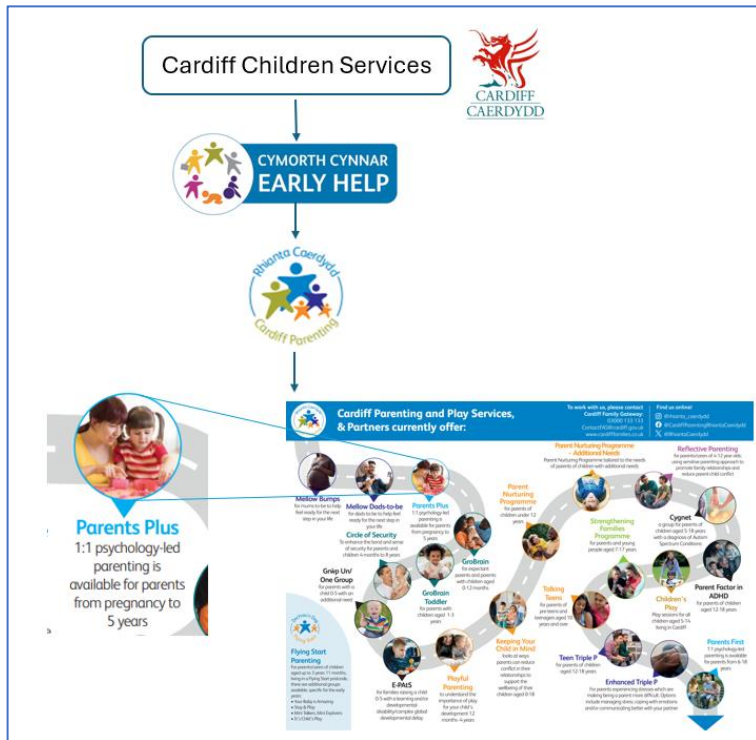
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Dr Angharad Jones, Dr Adele Page & Dr Rhiannon Slade  
Educational Psychologists, Parents Plus, Cardiff

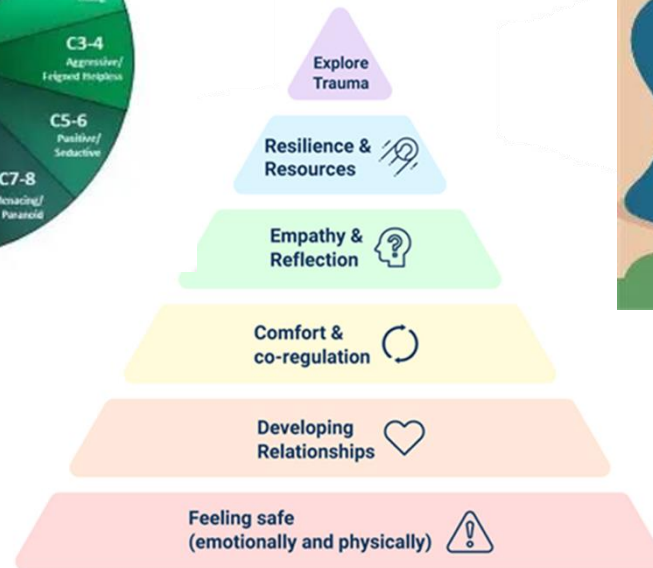
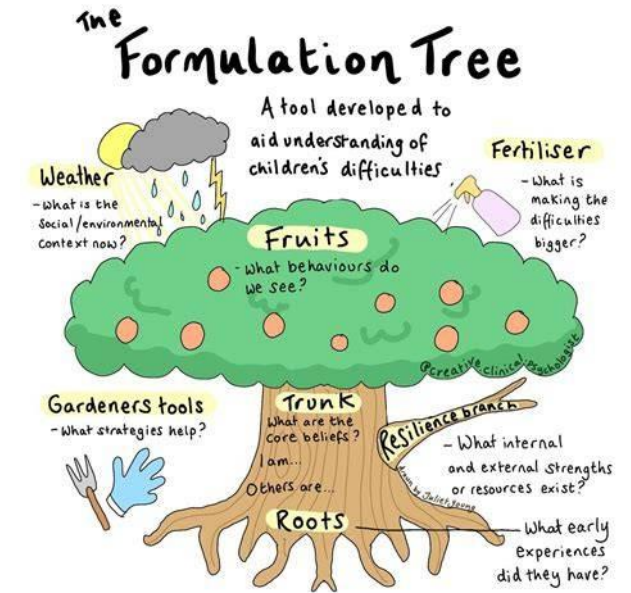
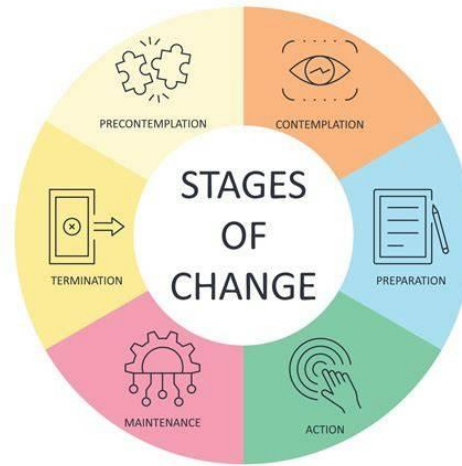
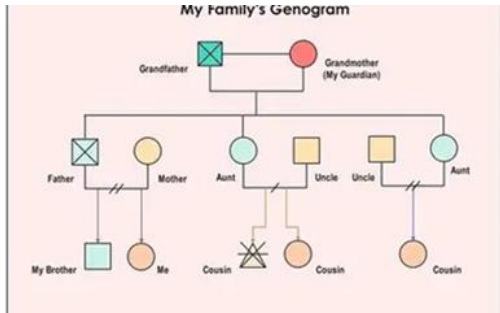


# Introduction and Aim

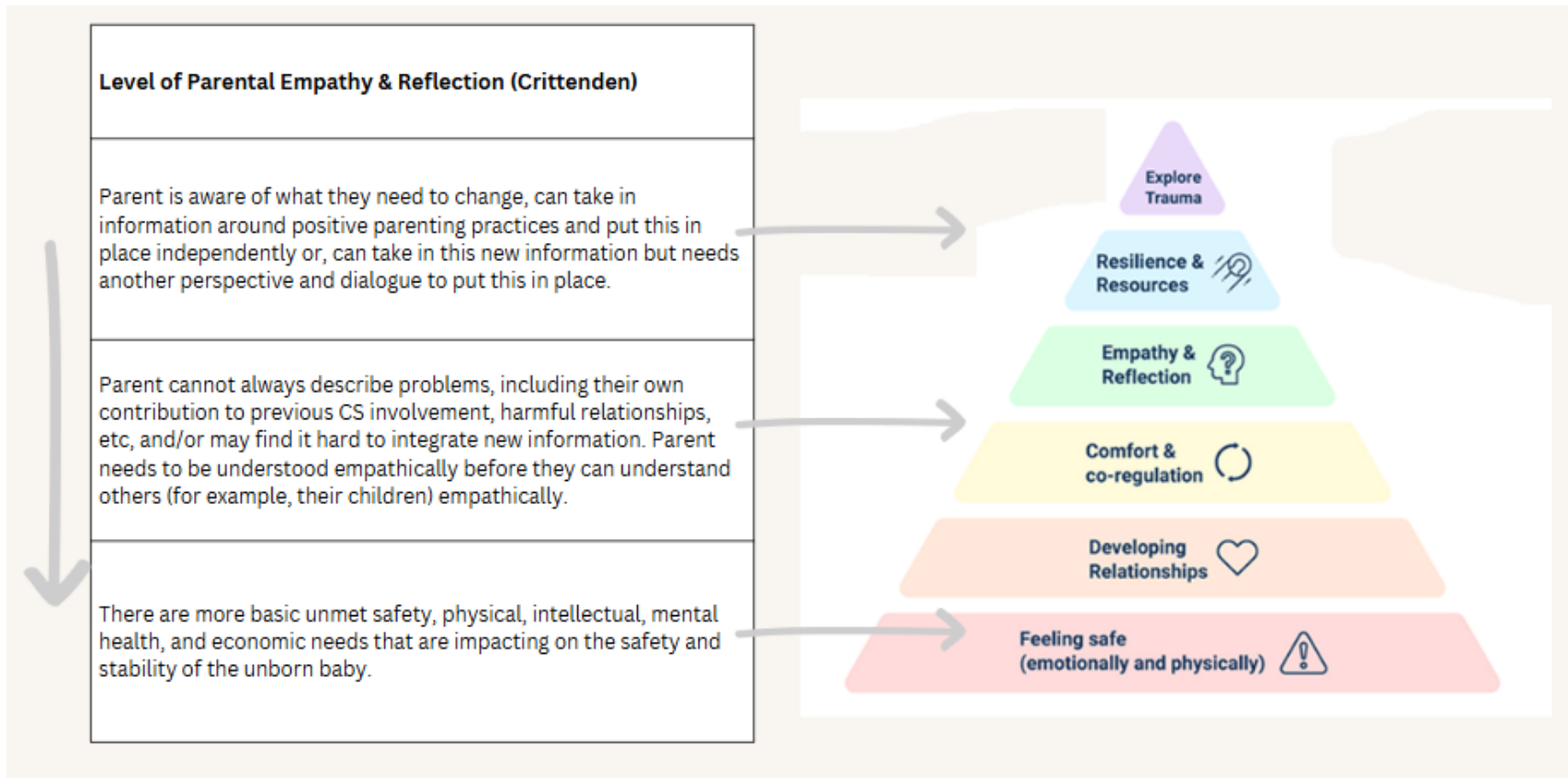
The first 1001 days of life, from conception to age 2, is a time of unique opportunity and vulnerability. It is a period of particularly rapid growth, when the foundations for later development are laid." (Sally Hogg, Parent Infant Partnership)



# How we do it: Psychological models



good enough pa  
reflective functioning predicts  
ghosts in the nursery  
mentalisation  
dmm  
attachment theory  
angels in the nursery  
circle of security  
window of tolerance  
internal working model  
survival strategies  
patchwork parenting



**Mentalisation:** *The cognitive and emotional ability to understand the mental state of oneself and of others. This is making sense of the thoughts, feelings, needs and mental states that underly visible behaviour and actions in others (Bevington, 2018)*



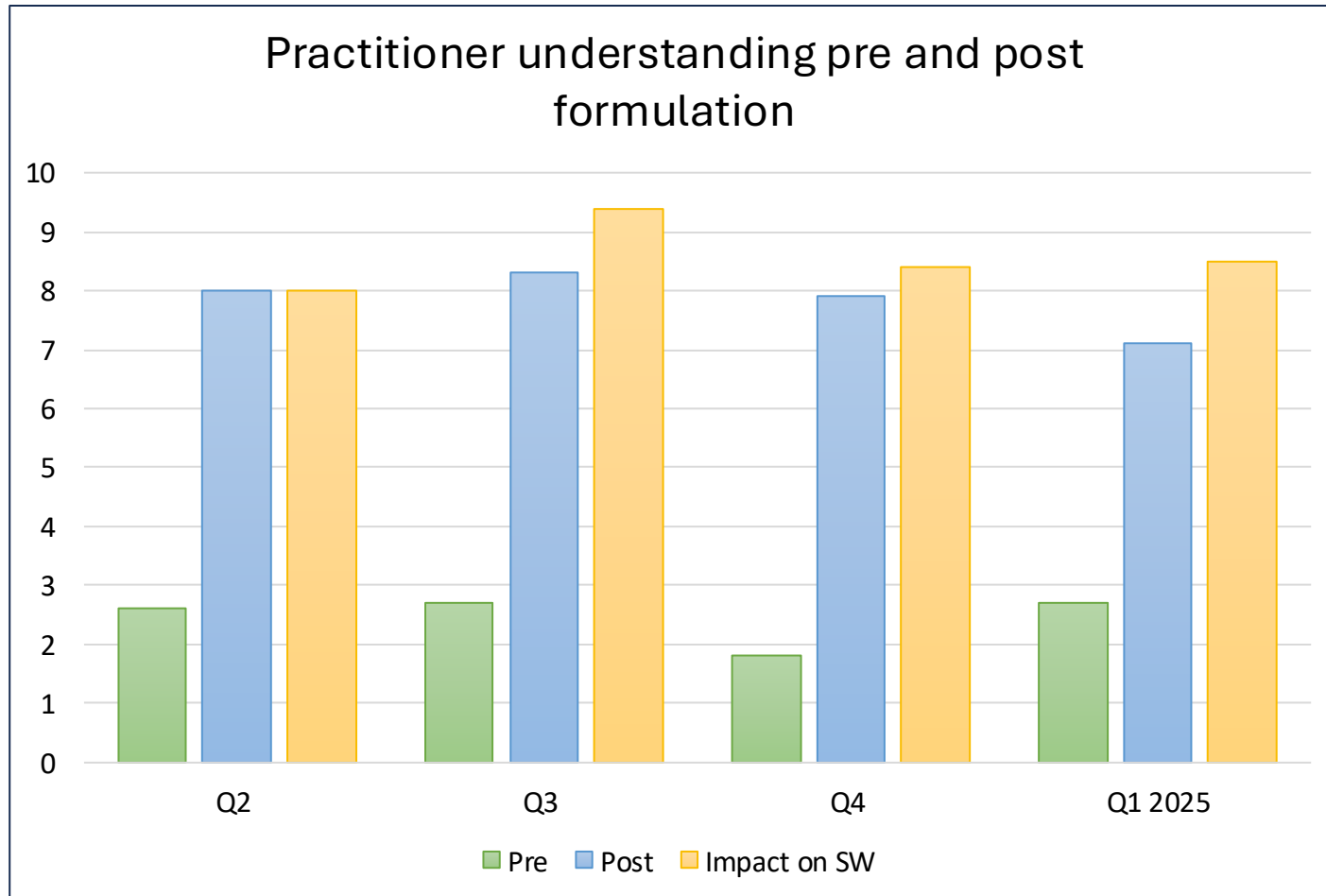
# BBB Process

Initial training  
by  
psychologists

An introduction to  
**Attachment,  
Relational and  
Trauma Informed  
Practice**

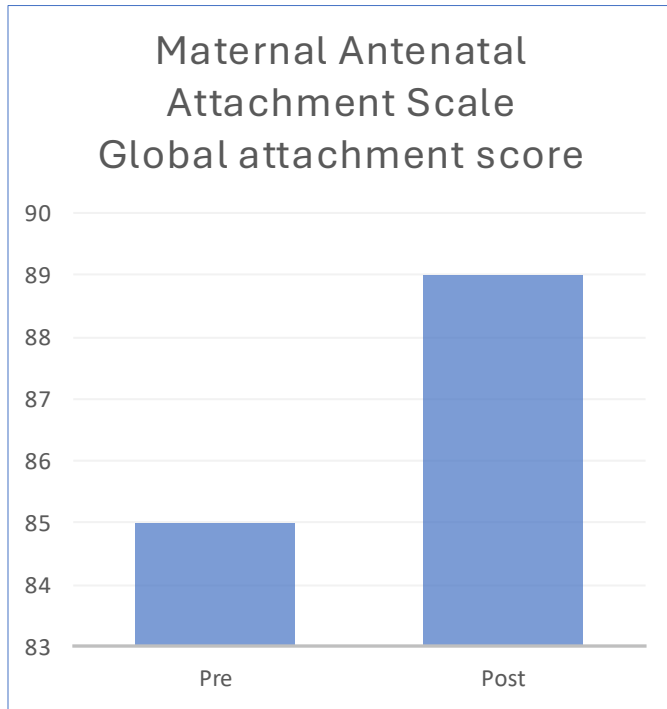


# What we have found: The impact on professionals and families



Bringing together different perspectives, holding the practitioner and supporting them to clarify their thinking. Referral to the psychological models was really helpful to ground the conversation and find a way forward.

I just adore this process. It helps me analyse, assess information, and plan with more confidence and expertise.



Success criteria isn't based on babies staying in mother's care...

... however, **72%** of babies discussed in BBB have been placed with at least one parent.

"It has all been amazing. You have all been absolutely lovely. I have had amazing support from everyone who has been involved in this. It's all worked so well.

IFST were amazing and I learned so much about healthy relationships and different types of abuse.

I learned so much from Welcome to the World too about baby brain development.

With Parents Plus, the video work was amazing as it gave me such a good understanding of my child's development and a boost as I was seeing that I'm doing a good job. It was lovely to see her change and to get to see our bond. It was absolutely lovely to see how happy I make her. The changes I saw were definitely to do with the video work we did together.

Being listened to and understood by everyone made me feel at ease. I was so worried and anxious at first because of what happened last time. I didn't know what to expect but everyone made me feel relaxed and I could say what I wanted to say. I had the best bits of everyone!"

# Further information:



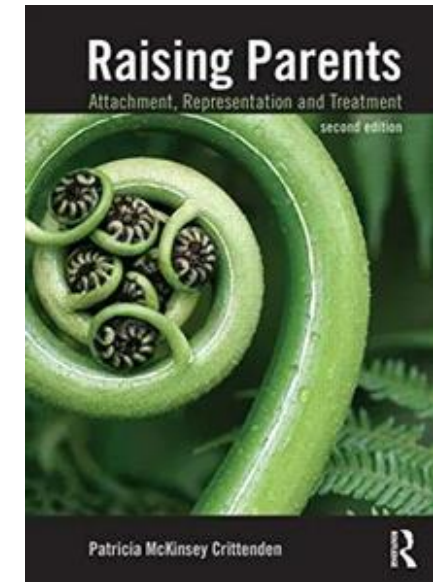
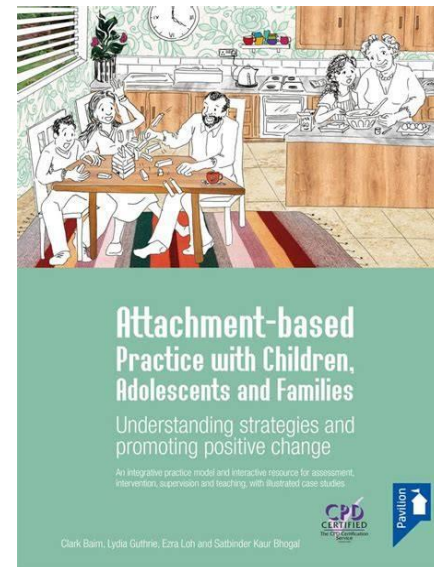
To learn more about Cardiff Parenting



[DMM Model - Family Relations Institute](#) To learn more about the DMM and attachment-based practice with families



[What is AMBIT? | Anna Freud](#) To learn more about Mentalization Based Practice to support teams



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YN FAWR!

