

## Session 4:

# Growing Social & Emotional Wellbeing: Strengthening Early Relationships and Attuned Practice



Blackpool Teaching Hospitals  
NHS Foundation Trust

Ready   
Generations



  
Parent-Infant  
FOUNDATION





# Cardiff Parenting & Play

Embedding Mentalisation to improve outcomes for families

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# Programmes & Services Currently on Offer

To work with us, please contact  
Cardiff Family Gateway:  
03000 133 133  
ContactFAS@cardiff.gov.uk  
www.cardiffamilies.co.uk

Find us online!  
@rhianta\_caerdydd  
@CardiffParentingRhiantaCaerdydd  
@RhiantaCaerdydd



**Mellow Bumps**  
for mums-to-be to help feel ready for the next step in your life



**Mellow Dads-to-be**  
for dads-to-be to help feel ready for the next step in your life



**Parents Plus**  
1:1 psychology-led parenting is available for parents from pregnancy to 5 years

**Circle of Security**  
To enhance the bond and sense of security for parents and children 4 months to 8 years



**GroBrain**  
for expectant parents and parents with children aged 0-12 months

**Grŵp Un/ One Group**  
for parents with a child 0-5 with an additional need



**GroBrain Toddler**  
for parents with children aged 1-3 years



**E-PaTs**  
for families raising a child 0-5 with a learning and/or developmental disability/complex global developmental delay



**Playful Parenting**  
to understand the importance of play for your child's development 12 months - 4 years



**Keeping Your Child in Mind**  
looks at ways parents can reduce conflict in their relationships to support the wellbeing of their children aged 0-18



**Parent Nurturing Programme - Additional Needs**  
Parent Nurturing Programme tailored to the needs of parents of children with additional needs



**Parent Nurturing Programme**  
for parents of children under 12 years

**Strengthening Families Programme**  
for parents and young people aged 7-17 years



**Talking Teens**  
for parents of pre-teens and teenagers aged 10 years and over



**Teen Triple P**  
for parents of children aged 12-18 years

**Enhanced Triple P**  
For parents experiencing stresses which are making being a parent more difficult. Options include managing stress, coping with emotions and/or communicating better with your partner



**Reflective Parenting**  
for parents/carers of 4-12 year olds; using sensitive parenting approach to promote family relationships and reduce parent-child conflict



**Cygnet**  
a group for parents of children aged 5-18 years with a diagnosis of Autism Spectrum Conditions



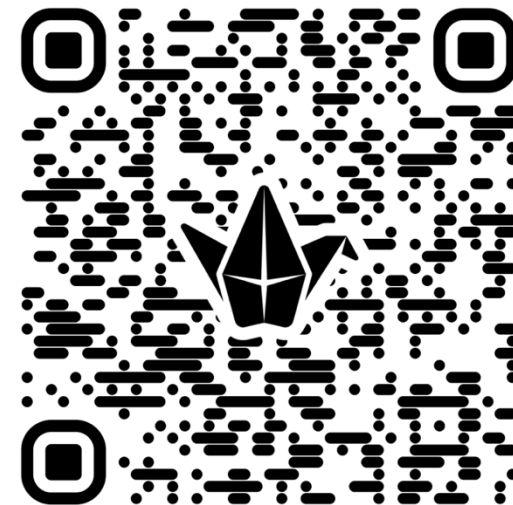
**Children's Play**  
Play sessions for all children aged 5-14 living in Cardiff



**Parent Factor in ADHD**  
for parents of children up to 16 years with a diagnosis of ADHD



**Parents First**  
1:1 psychology-led parenting is available for parents from 5-18 years



Scan here to view this online and read about the Cardiff Parenting & Play Service offer



**Flying Start Parenting**  
For parents/carers of children aged up to 3 years 11 months, living in a Flying Start postcode, there are additional groups available, specific for the early years:  
• Your Baby is Amazing  
• Stay & Play  
• Mini Talkers, Mini Explorers  
• It's Child's Play

## We work in partnership with parents to:

Offer specialised parent-infant dyadic attachment & relational work. VIG is available.

Use psychology in partnership with parent to facilitate changes in understanding & supporting child's development, strengthen parent-child interaction/relationship, understanding & responding to behaviour. VIG is available.

Learn about their family and wider systems to facilitate change in entrenched behaviours that the family wish to change.

Strengthen family relationships & improve communication between parents.

Understand how a parent's experience (e.g., their own childhood, ACES) can impact on their parenting.

Better understand behaviour and learn how a parents can respond to help their child/young person with big emotions (co-regulation)

Plan and introduce increasing independence for pre-teens & teens

Establish appropriate expectations of infant, child and teenager

Significant developments in the baby and teen brain and how these impact on behaviour and skill development

Consider the role of praise & positive discipline

Model play ideas for parent and child at home, promoting parent-child interaction & child development

Provide community messages, increasing engagement & connection with other adults. Opportunities to create a support network.

**Parenting Services are underpinned by use of mentalisation & sharing the value and importance of play & parent-child interaction for attachment, relationships & child development**

## Cardiff Parenting Services:

Facilitating change through a therapeutic relationship  
(Parents Plus & Parents First)

Psycho-educational  
& manual-led parenting programmes  
(Flying Start Groups & Connecting Families)

Engagement & Information for parents and families  
(Flying Start Groups, social media, website)



# First Gentle Steps



## Beginning the Journey

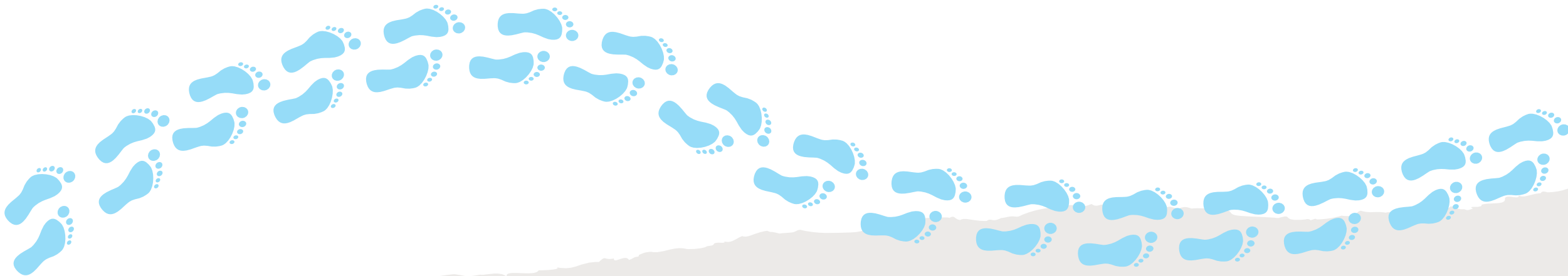
Parents start their involvement with careful, gentle steps, marking the start of a meaningful path. Parents start by joining baby groups, building relationships and connecting with others in a comfortable setting.

## Gradual Progress, Reassurance and Growth

Each step forward by parents represents gradual progress and increased confidence in their journey. Every gentle step brings reassurance and sets the foundation for future involvement and growth.

## Supportive Atmosphere & Empathetic Staff

Staff provide a welcoming, relaxed environment, especially for those feeling lonely or isolated. Staff mentalise parents, showing an understanding of their experiences, fostering a culture of support.



# Mentalising (Bevington, 2018)

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.

Curiosity about self and others – I wonder why....?

Not knowing – no-one gets it right all the time. Feel safe in knowing that we can wonder and try and improve our understanding

Offers insight into relationships

Awareness of the impact of emotion on the here and now – harder to mentalise when emotion is activated

A caregiver holding a baby tries to imagine what's in the child's mind and makes inferences about the child's emotional state. The baby then internalizes the caregiver's response and begins creating its own identity.

The baby has an experience of the caregiver. In essence, baby's mind is in caregiver's mind, and vice versa, allowing the growing child to develop a sense that their mind is understandable.

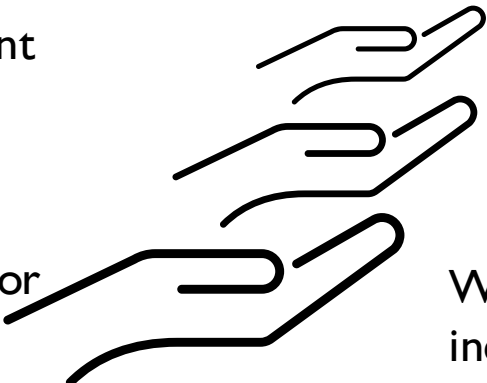
From it, we create coherent stories – a narrative of why I/you came to behave the way we did

# Holding & Mentalising in Cardiff Parenting

The parent “holds,”

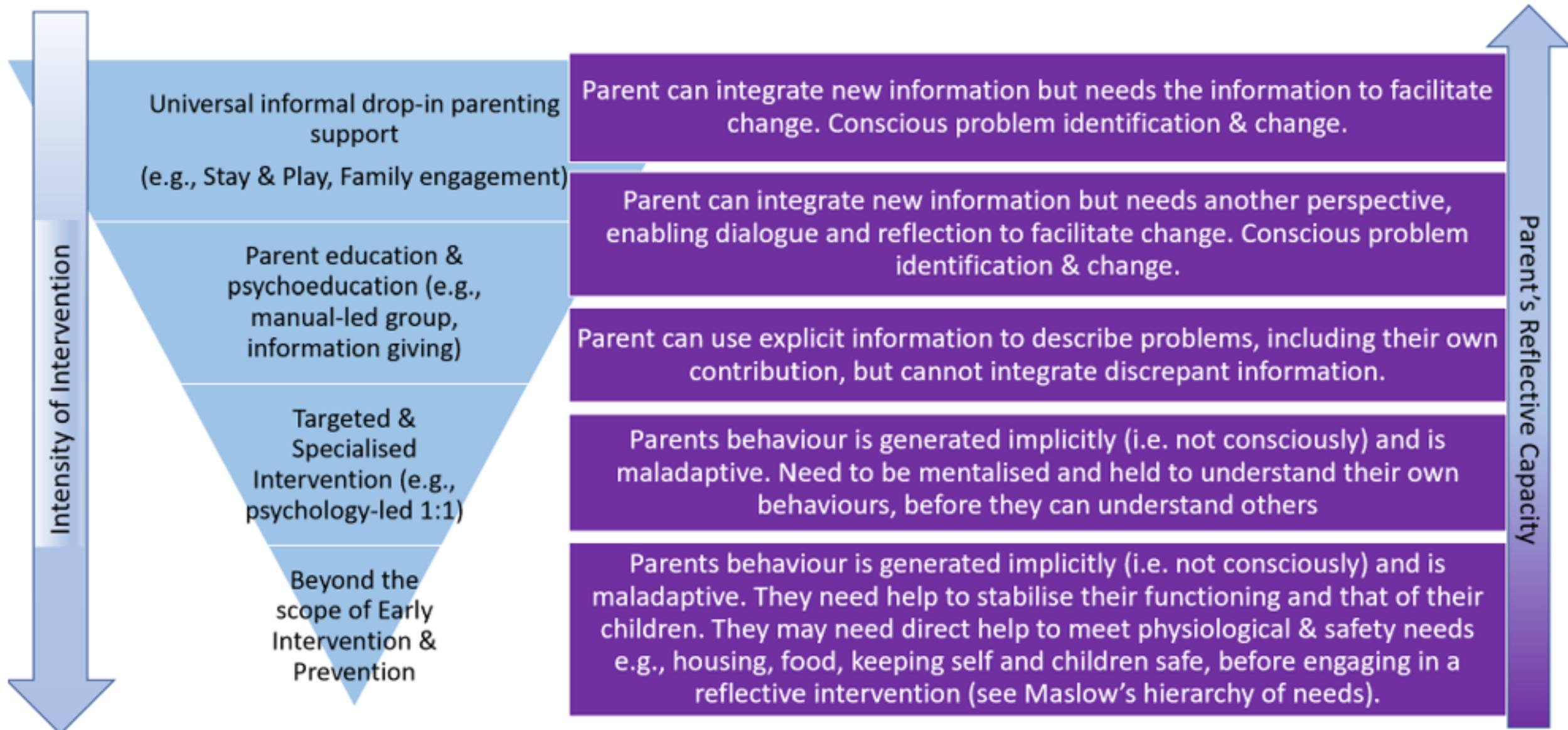
and mentalises baby

- The practitioner holds and mentalises the parent
- The team hold and mentalise the practitioner
- The supervisor holds and mentalises the team
- The manager holds and mentalises the supervisor



- Which makes the parent feel heard, safe and increases their capacity to parent
- Which makes the practitioner feel heard, safe and increases their capacity to support parents
- Which makes the supervisor feel heard, safe and increases their capacity to support practitioners

# Parent/carers reflective functioning and intensity of intervention required



# Maslow's Hierarchy of Need and the role of professionals in helping meet family need



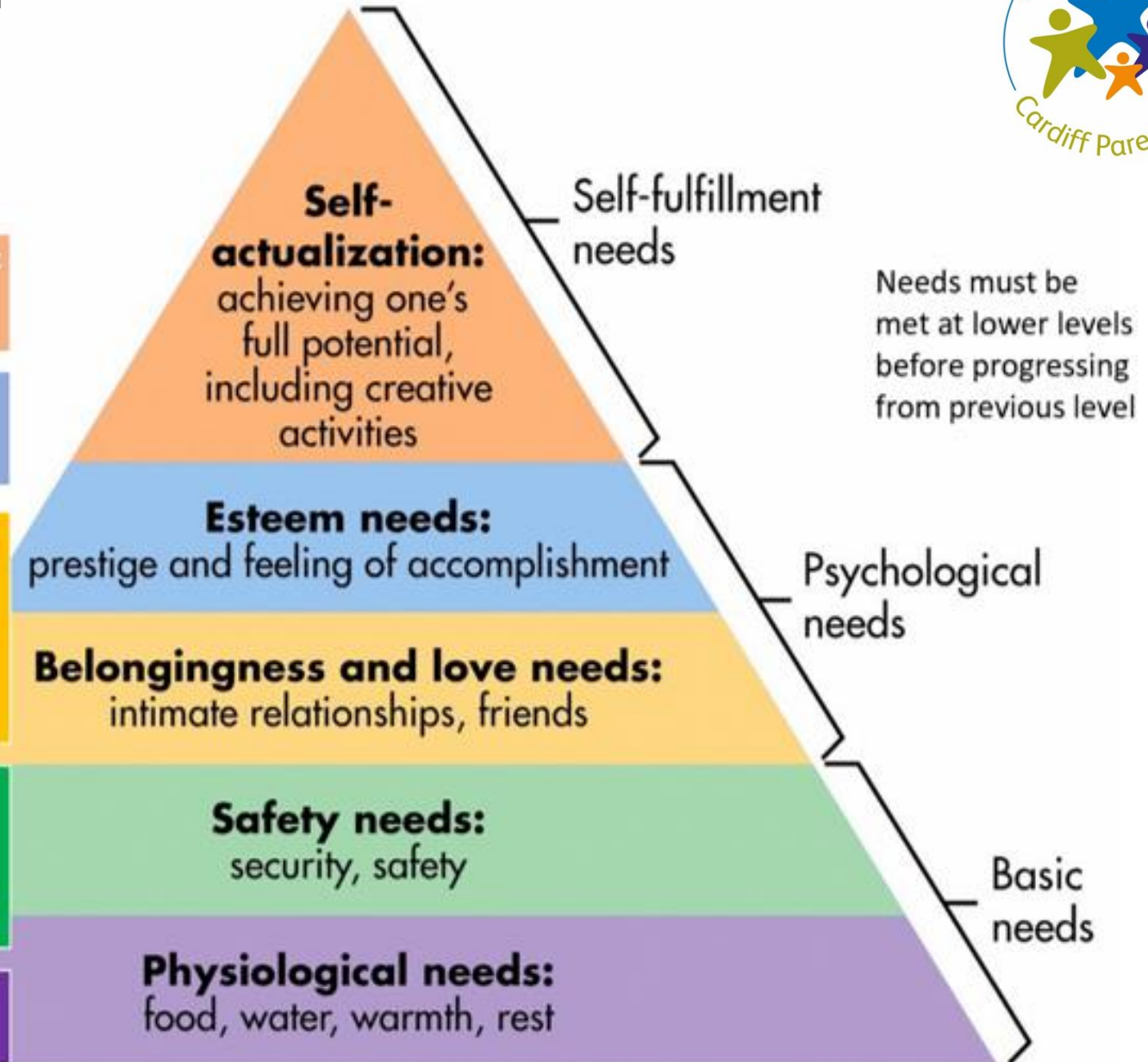
Facilitating self-reflection in approach to parenting; making independent choices about what kind of parent I would like to be and accepting self and others.

Facilitate individuals to establish esteem for ones self – independence, achievement and respect from others

Making social connections and establishing friendships and support networks outside of professional support. May involve becoming part of a group or feeling connected with school. Establishing trusting therapeutic relationship with a professional. Strengthening family relationships & family belonging.

Ensuring child and adult are free from risk of harm. Safety planning if in danger/at risk e.g., from domestic violence, self harm,. Establishing child's safety if parent needs support. Physical & mental health needs addressed and substance misuse

Provide assistance with adequate housing, access to food, support with budgets or financial planning, employment,



# Outcomes for families

## Quantitative & Qualitative Data collected

### Pre, post and retrospective data

- Mothers Object Relations Scale (MORS, Oates, 2018) & Baby MORS
- Warwick-Edinburgh Mental Wellbeing Scale (Tennant et al, 2007)
- Parental Self-Efficacy Scale (Nicolas etc al., 2020)
- Child-Parent Relationship Scale (Driscoll and Pianta, 2011)

### Outcomes 2024-25:

- 1198 parents completed 75% or more of a parenting programme/intervention
- 98% of these show evidence of distance travelled
- Over 6,992 parents attended Stay & Play groups, and 9,712 children
- 33,701 contacts
- £8.9 million estimated cost saving

### 2025-6 Q1-3:

- 919 parents have completed 75% or more of a parenting programme/intervention
- 98% of these show evidence of distance travelled
- 4,492 parents have attended Stay & Play groups, and 5,863 children
- 25,836 contacts
- £6.6 million estimated cost saving



“As a mother with very little support network, far away from my family, your weekly

Stay and Plays and groups have been a lifeline every week. I have had fun and laughter and hugs and tears. I do hope you realise how important these groups are to all the families you meet.”

“I loved being with other parents and found it really helpful to know that what I’m feeling and experiencing (as a first-time mum) is normal.”

“The team helped me to think about the different ways that we can help manage stress and I will try to spend more time ‘living in the moment’ (with my little one), as I am often rushing around and worrying about the next day.”

# Thank you

