

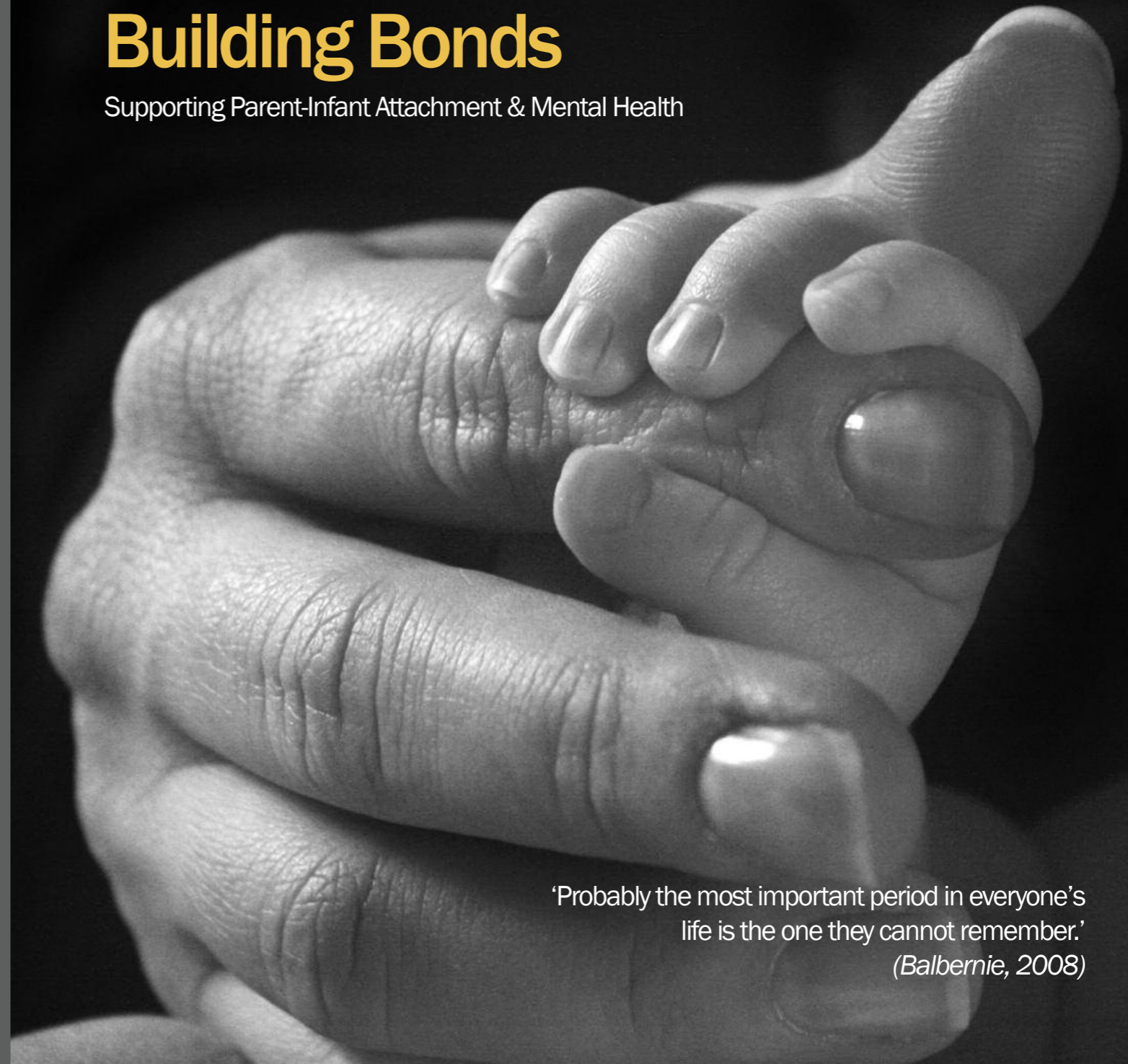
Building Bonds

Supporting Parent-Infant Attachment & Mental Health

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'Probably the most important period in everyone's
life is the one they cannot remember.'
(Balbernie, 2008)



What is Building Bonds?

'Building Bonds' is an Early Intervention Parent-Infant Mental Health Service which offers therapeutic support to vulnerable parents and infants in the community, residing in Parent-Infant Foster Care Placements, and in mother and baby prison units.

'Building Bonds' offers attachment-focused therapeutic assessment, support and intervention to parents and infants who are struggling in their early attachment relationship and to many parents who are considered at risk of 'poor parenting' and developing an insecure attachment with their Infant/child.

'Building Bonds' offers a good model of support to the multi-disciplinary professionals committed to supporting parents and infants.



Research & evidence base

Early Intervention

A recent systematic review showed that Early Interventions/programmes can be effective in preventing the recurrence of neglect and abuse (Barlow et al 2003).

Much research has demonstrated both the clinical and economical benefits of Early Intervention.

Supporting Parent - Infant Mental Health & Attachment

'Warm, responsive relationships with sensitive caregivers enable children to build positive, secure attachments and this in turn is associated with 'good' mental health and happiness in interpersonal Relationships' in adulthood' (Bowlby, 1988).

Outcomes and benefits: From the governments perspective

Economical

"If we can just invest a little early in the life cycle to help mums and babies and young people, you'll find that money is recouped over and over again."
(MP, Graham Allen, 2011).

Generational

"Only working with parents and children in the early years can break the inter-generational cycle of dysfunction and under-achievement."
(MP's Graham Allen & Ian Duncan Smith, 2008).

Societal

"Parent Infant Projects can offer a massive contribution to mending our broken society."
(MP, Andrea Leadsom, 2011).

Building Bonds model

The 'Building Bonds' model is based upon two pioneering fields of work: 1) Fraiberg et al (1975) intervention, supporting parents in learning how to 'talk for their baby' and describe how their baby is feeling; and 2) Svanberg et al (2010) programme in Sunderland which offers a video-feedback based intervention to promote sensitive, responsive parent-infant interactions.

The Crittenden CARE Index Assessment is used Pre and Post Intervention to assess parent-infant interaction and maternal sensitivity.

Training, supervision and consultation is provided for all professionals involved in 'Building Bonds'.

Aim & objectives

Aim

To Support & Improve Parent - Infant Attachment and Parent & Infant Mental Health.

Objectives

1. To Increase secure attachment between parents & Infants.
2. To Increase parental sensitivity and sensitive responsiveness.
3. To enhance parents' ability to 'hold their baby in mind' and become more in tune with their baby & their baby's needs.



Who can benefit?

Parent-Infants

- with mental health problems
- with safeguarding concerns
- who have struggled to bond
- who have developed an insecure attachment

Services

All services who offer support to vulnerable parents & infants.

'A sensitively responsive parent is more likely to have a securely attached child, who is likely to grow into a secure & empathic adult and parent'

Svanberg 2009