

We can help with a range of issues, including:

- ◆ Low mood and anxiety or self-esteem, and confidence issues
- ◆ Postnatal depression or perinatal psychosis
- ◆ Difficulties with bonding and attachment
- ◆ Bereavement or other traumatic events
- ◆ Premature birth or still birth and miscarriage
- ◆ Mental health issues affecting relationships
- ◆ Recovery from a challenging birth
- ◆ Adjusting to life with twins or triplets or multiples.
- ◆ The impact of domestic abuse on you and your baby
- ◆ Concerns about the responsibility of parenting

We provide a range of services to meet your needs and those of your baby. We take it at your pace, at a time and place to suit you. We work closely with midwives, health visitors, GPs, Children's Centres and specialist perinatal teams to enhance the support that is available to families.



LOTTERY FUNDED



Northamptonshire
County Council

What we offer:

- ◆ Antenatal support and baby care skills programme.
- ◆ Perinatal support on a one to one basis in the family home and in peer support groups.
- ◆ Parent Infant Therapy and therapeutic group work.
- ◆ Consultation and training for professionals.

The aims of the service are to:

- ◆ Increase parents' self-confidence
- ◆ Improve the mental health and well-being of new parents
- ◆ Support infant mental health and development
- ◆ Support a positive relationship between parents and their baby
- ◆ Reduce the social isolation of families
- ◆ Provide emotional and practical support to families during pregnancy and the first year after birth

Whatever you're struggling with our experienced team of volunteers and specialist professionals can support you to work through a range of difficulties and get back on track.



Flourishing Babies is an exciting new partnership, supporting parents and parents to be in getting off to the best possible start with their infant.



How to get help:

If you think we might be able to help you can ask your Midwife, Health Visitor or GP, or at your Children's Centre to make a referral, or contact us directly on 01604 924735 or via the website [<http://www.norpio.org.uk/referrals>]

More about our services:

Antenatal Classes

Our groups are small and everyone gets the chance to ask lots of questions, practice some skills and have fun. We meet weekly for eight weeks in the run up to your birth to help you prepare for the birth and care of your baby.

You can also achieve an National Open College Network Qualification in 'Preparing for Parenthood' with regular attendance at the sessions.

All sessions taught by qualified antenatal teachers.



Parent Infant Therapy

In parent infant therapy the therapist works with you and your baby to address issues that may be affecting your relationship with your baby, and to support your baby's mental health and emotional development. This may include antenatal support with difficult feelings about having a baby and preparing emotionally.

Perinatal Support Service

'Perinatal' means the time around a baby's birth. We offer support to families where a parent is struggling with their emotional health and well-being or where they have been diagnosed with a low to moderate level perinatal mental illness.

We can also support families who are vulnerable to developing a perinatal mental illness.

Help for dads too:

Dads can sometimes need support too. If you are concerned about your own feelings about becoming a dad, or concerned about how your partner is coping with parenthood, you can speak to one of our team in confidence. Find out if our service is the right one for you. If it's not, we'll help you access other community services



The Flourishing Babies Partnership



NorPIP (Northamptonshire Parent Infant Partnership)

NorPIP provides therapy to parents to be as well as parents with babies up to age two. Our goal is to help you find your own way of parenting and build a strong relationship with your baby.



Family Action:

Family Action provides emotional and practical support. We offer this support throughout pregnancy and in the first two years of the child's life, to the mother, her partner and immediate family.



Engage Antenatal:

Before Baby is a specialist antenatal support and baby-care skills programme brought to you by Engage Antenatal. You can join our antenatal course (bring along a partner, friend or family member) with other expectant parents in a friendly, relaxed and fun atmosphere.