

## WHO CAN BE REFERRED?

- If a parent is struggling with worries about their relationship with their baby as a result of Ante- or Post-natal Depression or anxiety.
- Parents who may have had PND with a previous baby and are concerned that these difficulties may arise again and are anxious about bonding.
- Parents can be referred ante natally if they are worried about how they might manage emotionally with their baby due to previous trauma or circumstances.
- If a parent has had difficulties in forming a bond with a previous child and is worried this may happen again.
- If a baby appears to be struggling more than expected with feeding, sleeping or other issues and parents are worried.



## WHO CAN REFER?

We work closely with other professionals and welcome referrals from Midwives, Health Visitors, GPs, Perinatal and Hospital

based teams, Children's Centres, Voluntary Organisations, Social Care and many others.

The process for referrals will be to have an initial discussion with someone in the team to think about whether a particular family can be helped by EPIP.

If it is agreed that a referral should be made, the referrer will be asked to complete the referral form and return it to EPIP team.

## WHERE ARE WE?

We are based in CAMHS premises at, Enfield CAMHS, Baytree House, Christchurch Close, EN2 6NZ  
We also see families at Children's Centres, Enfield Parents & Children's Centre and sometimes at their home.

## FURTHER INFORMATION:

If you would like to find out more about our service or would like to discuss a potential referral please do contact:

Carol Levine (Team Lead)  
0208 702 5100  
07826 765 845  
carol.levine@nhs.net  
Jane Davies (Specialist Health Visitor)  
0208 702 6828  
07392 191 888  
jane.davies@nhs.net

[www.e-pip.org.uk](http://www.e-pip.org.uk)



Enfield Parent Infant Partnership

Developing secure relationships  
between parents and their babies

# A GUIDE FOR PROFESSIONALS



EPIP is a new service which has been set up in recognition of just how difficult it can sometimes be for parents and their babies in those first 18 months.

We see the importance of developing a strong and positive bond between parents and their babies and our aim is to support and facilitate those early attachments and relationships.

### WHO ARE WE?

EPIP is a service which has been created, supported and funded by partners from Enfield Local Authority and NHS, Enfield Parents & Children, Enfield Children's Centres, and PIPUK.

We are a small team of parent infant psychotherapists, a specialist health visitor and a counselling therapist, who are able to work with families individually or in groups to help:

- address the worries parents may have about their relationship with their babies;
- address the difficult feelings that may arise



- on becoming a parent;
- with the concerns parents may have about their baby's development and behaviours;
- work together with parents where they are finding parenthood hard to cope with.



### WHAT WE DO:

#### Consultation:

The team offers consultation to anyone who is working with families in the perinatal period. We aim to help think through with others when there might be a concern or query around a parent's emotional state and/or a baby's behaviours, development or the family's circumstances.

The consultation may lead to a referral to EPIP or may be useful in considering other possibilities for a family.

Our Specialist Health Visitor may also offer to join the allocated Health Visitor for a consultation to meet with the family to help think through in more depth the concerns they may have about their baby.

#### Therapy:

We work with parents and their babies therapeutically to support the development of a sensitive bond between them. We aim to think together and notice communications between them and work through issues impacting on the relationship.

Sometimes parents may need some time on their own to explore issues that may impact on them being the kind of parent that they want to be. Families will be offered an initial meeting with one of the clinicians in the team, and a range of therapeutic support may be offered.

- Parent Infant Psychotherapy sessions.
- Specialist Health Visitor therapeutic support and guidance.
- Group work with parents and babies around developing positive relationships with each other.
- Individual Therapeutic Counselling Support.

