

How can we help?

Following an initial referral and consultation with your Health Visitor/Family Nurse Practitioner/Midwife, we will meet with you and your baby. Family members and/or professionals supporting you are also welcome to join, depending on what you are most comfortable with.

Meetings will offer a safe and non-judgemental space to explore and understand you and your infant's needs.

Using evidence-based tools and interventions we will work with you to better understand your baby's/infant's communications and strengthen your relationship.

Support can be offered in both a one-to-one and group format.



Interested in finding out more?

Please contact your Family Nurse Practitioner, Midwife or Health Visitor for a request for support.

Visit our website:

<https://weare.nhsllothian.scot/pairs>



Lothian Parent and Infant Relationship Service (PAIRS)

Supporting healthy minds for every infant



V1.0 approved by NHS Lothian Patient Information Team: Oct 2022
Review date: Oct 2025
LOT2494

Lothian Parent and Infant Relationship Service (PAIRS)



Our team at PAIRS will work directly with infants and their parents/carers, as well as professionals who work with families, to help understand and support the parent and infant relationship.

Who are we?

We are a small team from a range of professional backgrounds, all with a shared interest and expertise in infant development and the importance of early relationships.

We provide support to parents/carers and their babies during pregnancy and following birth, up to the age of three.

Initially, we will be working with families only in Midlothian and South Edinburgh.



What do we do?

We focus on supporting the connection between infants and their parents/carers, encouraging the development of a strong, loving relationship.

We understand that things, such as difficulties in pregnancy, a traumatic birth, past parenting experiences, loss or bereavement, low mood or anxiety can all affect your relationship with your child.

Can we help you?

Becoming and being a parent can be a time of great change and often a source of happiness and joy. But sometimes it can be unexpectedly difficult, overwhelming and distressing for one or both parents/carers.

- Are you concerned you have not formed the bond with your baby in the way you had hoped?
- Has becoming a new parent caused unexpected difficult feelings?
- Are you worried about your baby's distress and your ability to respond and soothe your infant?

