

Information

PAIRS is based in Norwich, however we are also able to see families in several community bases across Norfolk & Waveney.

For enquiries contact PAIRS on
01603 786781 (PAIRS Option 3)

All referrals are made digitally.

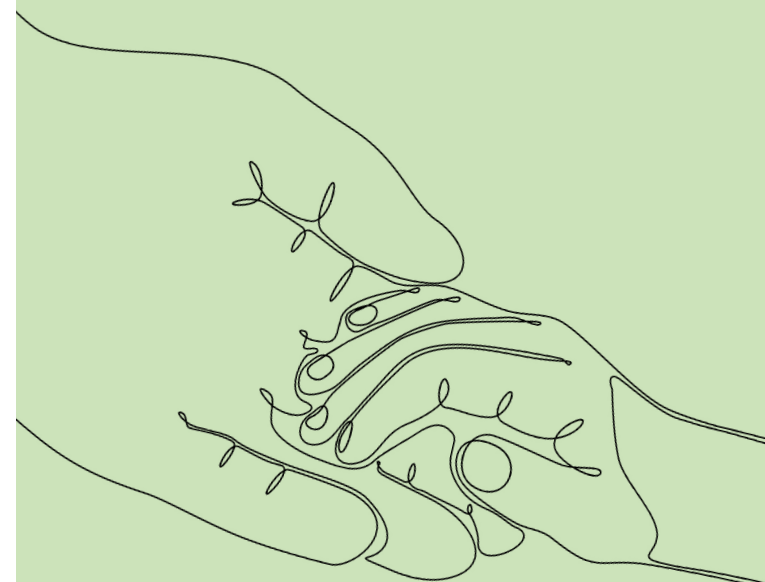
Go to **nsft.uk/PAIRS**

For advice and guidance or support completing the referral, please call Just One Number on **0300 300 0123**.



Norfolk and Suffolk
NHS Foundation Trust

PAIRS Parent and Infant Relationship Service



Need help and advice?

Contact the Customer Service Team for advice, information and support. We are here to help with any questions you have about NSFT services.

Tel: 01603 421486
Email: customer.service@nsft.nhs.uk



If you would like this leaflet in large print, audio, Braille, alternative format or a different language, please ask us.

Norfolk and Suffolk NHS Foundation Trust values and celebrates the diversity of all the communities we serve. We are fully committed to ensuring that all people have equality of opportunity to access our service, irrespective of their age, gender, ethnicity, race, disability, religion or belief, sexual orientation, marital or civil partnership or social and economic status.

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 nsft.nhs.uk
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 NSFTTrust

Supporting the relationship needs
of families with young children

Welcome to PAIRS

Infants need a sensitive, nurturing relationship to lay the foundations for lifelong health. If important relationships feel tense or strained, infants struggle to feel secure, and can become overwhelmed by their emotions.

All parents find parenting hard and stressful at times, even more so if there are additional difficulties. For some parents, this can lead to worry, sorrow or feeling unsatisfied about your relationship with your child. It is during these times that as a parent you need to use your skills to reconnect with your infant through watching, listening, and understanding them.

PAIRS is a therapeutic service which works with your strengths as the parent or primary caregiver to overcome difficulties and to help build a more positive relationship with your infant.

PAIRS is for parents with infants up to their fourth birthday.



Why are parent and infant relationships important?

Parents and infants strive to form close relationships, recognise and express emotions and feel socially and emotionally connected to one another.

The way we interact with infants shapes their brain development. This happens during pregnancy, and continues up to the age of three years, when our brains are growing at the fastest rate. It is the small, day-to-day interactions with infants that make the greatest difference to their wellbeing and their capacity to explore and learn about their environment.

Who does PAIRS work with?

PAIRS work with you as the parent or parents, together with your infant, to help understand some of your worries and concerns. We try to think about the feelings you each have and help you to find ways of communicating together and enjoying each other. PAIRS work with carers or guardians in circumstances where they are the primary caregiver.

What difficulties PAIRS can help with?

- Are you experiencing a lack of enjoyment in your relationship with your infant?
- Are you experiencing difficulties understanding or feeling connected to your infant?
- Has becoming a parent stirred up some difficult feelings that are impacting on your relationship with your infant?
- Are you feeling concerned that you have not bonded with your infant in the way you had hoped you would?

- Are you finding parenting your infant more difficult than you anticipated and worried that it may be affecting your relationship together?
- Are you feeling overwhelmed or frustrated and finding that you are not enjoying the relationship with your infant?
- Are events from your childhood affecting you now and impacting on your relationship with your infant?

How does PAIRS help?

Our practitioners' role is to support you in developing your relationship with your infant by providing support to improve your interactions and connection.

We are able to offer time limited therapeutic support or you and your infant, from parenting advice and education through parent-child and parent only interventions including Circle of Security Parenting, video feedback interventions, play based interventions and attachment-based interventions as appropriate to the needs of your relationship.

We aim to clarify your concerns and what you would like to change. We take time to complete some questionnaires, check where your infant is in their social and emotional development and observe you and your infant together.

We try to think with you about what aspects of your interactions with your infant you are finding challenging. We may then recommend some sessions with one of our parent infant practitioners that may be helpful to you or suggest a referral somewhere else.

