



**Mersey Care**  
NHS Foundation Trust

Community and Mental Health Services



# Building Attachment and Bonds (BABS) A Parent Infant Mental Health Service

Supporting parents to build loving bonds and secure attachment relationships with their babies in Sefton

[merseycare.nhs.uk](https://merseycare.nhs.uk)

“Probably the most important period in everyone’s life in the one they cannot remember.” (Balbernie, 2008)

## What is the Building Attachment and Bonds Service (BABS)?

BABS is a specialist, easy to engage, community-based Parent Infant Mental Health Service (PIMHS). Our main aims are to support parents, infants, families, and professionals to:

- Build good bonds and attachment relationships can be, to enable their baby to thrive and grow up to be secure and happy
- Improve parent and infant mental health and support parents to separate out their issues/struggles, which can get in the way of the parent and infant relationship
- Break negative life cycles and be the best parent they possibly
- Build skills in the perinatal and early years workforce by working with professionals and offering specialist training, consultation, supervision, support and advice.

## Who is the BABS Service for?

BABS supports parents/carers, infants and families who are:

- Pregnant or have a baby 0 to 3 months of age (referrals are made for infants 0 to 3 months but BABS works with infants up to 2 years+)
- In need of specialist, therapeutic parent infant mental health support, interventions, and psychoeducation.
- Struggling with their emotional wellbeing and/or their relationship with their baby

## What support does BABS offer?

BABS offers specialist therapeutic parent infant mental health and attachment based support (both on a one to one and group basis) to families in the community. The service includes a range of professionals including clinical psychologists, specialist therapists, health visitors and admin, working together to engage and support families in the community.

The service provides:

- Parent-infant mental health interventions tailored to supporting parents to build good bonds and secure relationships with their babies *\* For example, learning how as a parent to be sensitive, responsive, reflective and in tune with their baby’s wants and needs*
- Specialist attachment-based, parent-infant psychotherapy to enable parents to separate out their own past/present struggles and mental health difficulties from the parent-infant relationship
- One to one and group interventions to support parents to improve communication and enjoy positive interactions whilst ‘holding their baby in mind’ in the perinatal period \*
- Specialist PIMH training, consultation and support to professionals and other community services working with vulnerable parents and infants in the field of child health, early years, perinatal and parent-infant mental health.

“I haven’t had many people tell me ‘you are doing a good job as a mum.’ This support has made me feel and believe that ‘I am a good mum!’. This has built my confidence so much and has made me want to be the best mum I can possibly be to my baby.”

“The service has helped me build my confidence as a parent and build a close bond with my son.”

“This therapy has helped me achieve my goal in being a much better parent than my parents were to me. I’ll be forever grateful for this.”

“I have suffered a lot with depression in the past. For the first time in my life I feel heard, listened to and not judged, BABS has given me the support and confidence that I need.”

## Contact us:

Telephone: 07787 277 524

Email: [mcn-tr.babssefton@nhs.net](mailto:mcn-tr.babssefton@nhs.net)

If you are interested in seeking further information about BABS, please contact your midwife, health visitor, GP who can make a direct referral to the service.

## Our patients matter

**Mersey Care NHS Foundation Trust** listens and responds to patients and their carers to help improve the services we deliver.

If you have any comments, compliments or concerns you can speak with a member of staff or contact our **Patient Advice and Liaison Service (PALS) and Complaints Team**

Telephone: **0151 471 2377**

Freephone: **0800 328 2941**

Email: [palsandcomplaints@merseycare.nhs.uk](mailto:palsandcomplaints@merseycare.nhs.uk)

To request this leaflet in an alternative format or language, please speak to a member of staff.

**Mersey Care NHS Foundation Trust**

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