



## Wee Minds Matter

NHSGGC Infant Mental Health Service



## Who are we?

The Wee Minds Matter service provides specialist support to parents and their babies during pregnancy, birth and up to 36 months. We are a multi-disciplinary team of parent-infant practitioners from a range of professional backgrounds.

## Who is the service for?

We recognise that all families are unique, diverse and different. Pregnancy, birth and caring for a baby can be a confusing time of adjustment for parents and families. For many reasons, there can be things that get in the way of enjoying your relationship with your baby including:

- Complications during pregnancy
- Experience of loss and bereavement
- Your own experience of being parented
- Struggles with your own mental health
- Substance misuse
- Experience of intimate partner violence



You may be worried about your baby's distress and have ongoing worries about:

- How to respond to your baby and/or soothe your baby
- Feeding or sleeping
- Your baby crying for long periods of time

Evidence shows that having support from the start is a helpful time to make positive changes for the future, for both you and your baby.



# What do we do?

- We include your baby in your meetings together with any one you choose as helpful
- Help you to understand your baby's needs and communications
- Support you with your relationship with your baby from the very beginning starting in pregnancy
- We offer work individually, in families and in groups

**I sometimes think  
my baby doesn't  
like me**

**I don't know  
how to be a dad,  
my own dad left when  
I was a baby**

**I sometimes  
feel like a  
bad parent**

**My baby never  
seems to stop crying,  
is it my fault?**



# What will happen at your appointments?

- We will work with you and other professionals involved in your baby's care to agree helpful ways forward
- We may meet with you and your baby to try to understand what you need
- We can offer appointments at a location that will suit you and your baby's needs



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

## Contact details



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## Business address is:

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