

## Introduction

This pathway document has been developed by the North West Coast Parent Infant Relationship Partnership with contributions from a range of health care professionals and experts by experience, including psychologists, midwives, health visitors, commissioners, social workers and parents.

The pathway is intended for use by all professionals who work with families during the perinatal period (from conception to two years after birth) and can be used without specialist knowledge or training.

The purpose of the pathway is to raise awareness of the importance of discussing relationships with families in the perinatal period. Simple conversations can be powerful in understanding the needs of individuals during this critical period of child development. This pathway will help to initiate these conversations and will guide professionals through the relevant referral routes to ensure families receive the best care at the right time for them.

Please refer to the supporting guidance document for more information and additional resources that will support professionals to initiate these important conversations with confidence.

## Feedback

We would greatly appreciate any feedback you can share on your experience using the Parent Infant Mental Health Assessment Care pathway in practice to support the development of these resources. Please send any thoughts and comments to: [Bethany.Luxmoore@nhs.net](mailto:Bethany.Luxmoore@nhs.net) . You may wish to use the headings below to structure your feedback.

Name (*optional*)

Role

Have you found these resources useful?

What has been useful for you?

Who will you share these resources with?

Have these resources helped you to change how you interact with families?

What will you change about your interactions with families?

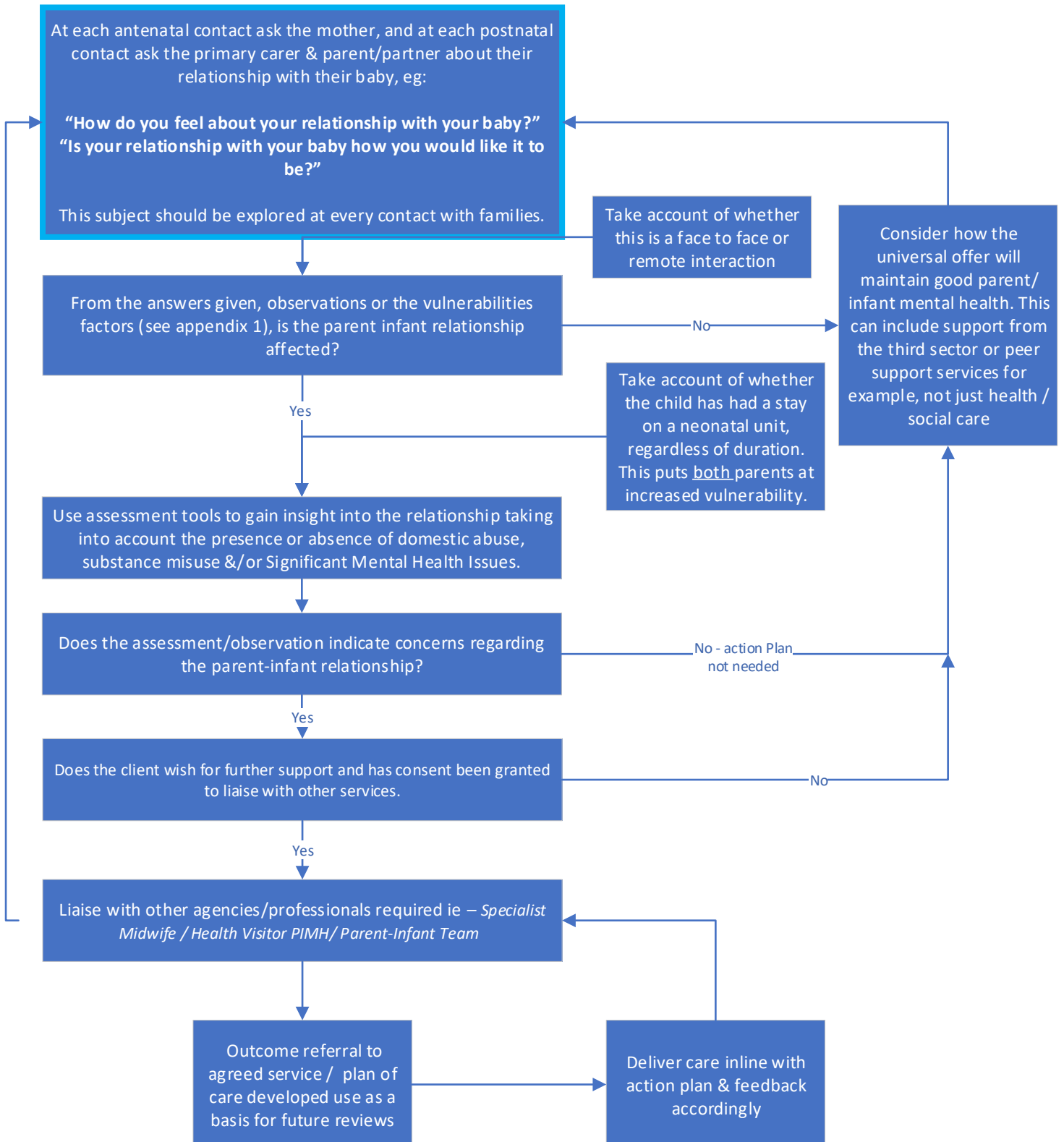
Did you notice any responses from the families you worked with after you made these changes?

What could we do to improve these resources?

# Parent Infant Mental Health Assessment Care Pathway (conception to age 2) v1

*This pathway should be used in conjunction with the supporting guidance document.*

Always be aware of safeguarding issues that might need further enquiry or immediate action; for example ongoing domestic violence or new partners in the household. If you see them, enquire further, follow your organisation's safeguarding processes and refer into social care as necessary.



Appendix 1 – Vulnerability factors to consider when developing the parent-infant mental health care plan<sup>1</sup>.

<b>Factors present in parent</b> <i>M = mother F = father</i>			<b>M</b>	<b>F</b>
History/current alcohol and / or drug misuse	<input type="checkbox"/>	<input type="checkbox"/>		
Serious medical condition	<input type="checkbox"/>	<input type="checkbox"/>		
History / current anxiety or depression	<input type="checkbox"/>	<input type="checkbox"/>		
Learning disability	<input type="checkbox"/>	<input type="checkbox"/>		
Single teenage parent without family support	<input type="checkbox"/>	<input type="checkbox"/>		
Past criminal or young offender record	<input type="checkbox"/>	<input type="checkbox"/>		
Previous child in foster care or adopted	<input type="checkbox"/>	<input type="checkbox"/>		
Violence reported in family	<input type="checkbox"/>	<input type="checkbox"/>		
Acute family crisis or recent significant life stress	<input type="checkbox"/>	<input type="checkbox"/>		
On-going lack of support / isolation	<input type="checkbox"/>	<input type="checkbox"/>		
Inadequate income / housing	<input type="checkbox"/>	<input type="checkbox"/>		
Previous child has behaviour problems	<input type="checkbox"/>	<input type="checkbox"/>		
Parental experience of bereavement or loss, including perinatal loss.	<input type="checkbox"/>	<input type="checkbox"/>		
Background of abuse, neglect, loss in childhood	<input type="checkbox"/>	<input type="checkbox"/>		
Episode of being in care as a child	<input type="checkbox"/>	<input type="checkbox"/>		
Chronic maternal stress during pregnancy or ambivalence about the pregnancy	<input type="checkbox"/>	<input type="checkbox"/>		
Disappointment or unrealistic expectation around the parent-infant relationship	<input type="checkbox"/>	<input type="checkbox"/>		
Other (please describe)	<input type="checkbox"/>	<input type="checkbox"/>		

<b>Factors observed in parent-infant relationship</b>	
Negative feelings towards baby	<input type="checkbox"/>
Physically punitive/rough towards baby	<input type="checkbox"/>
Lack of sensitivity to baby's cries or signals	<input type="checkbox"/>
Lack of vocalisation to baby	<input type="checkbox"/>
Lack of eye-to-eye contact	<input type="checkbox"/>
Infant has poor physical care (ie dirty / unkempt)	<input type="checkbox"/>
Does not anticipate or encourage infant development	<input type="checkbox"/>
Lack of consistency in caregiving	<input type="checkbox"/>
<b>Factors observed in infant</b>	
Developmental delays	<input type="checkbox"/>
Exposure to harmful substances in utero	<input type="checkbox"/>
Traumatic birth	<input type="checkbox"/>
Congenital abnormalities/illness	<input type="checkbox"/>
Very difficult temperament / extreme crying / difficult to soothe	<input type="checkbox"/>
Very lethargic / non-responsive / unusually passive	<input type="checkbox"/>
Low birth weight / prematurity	<input type="checkbox"/>
Resists holding / hypersensitive to touch	<input type="checkbox"/>
Failure to thrive / feeding problems / malnutrition	<input type="checkbox"/>
Stay on a neonatal unit regardless of duration	<input type="checkbox"/>