



Croydon Best Start
Parent Infant Partnership
(CBSPIP)

**Information for
Families**



How can CBSPIP help?

At Croydon Best Start PIP (CBSPIP) we work with parents-to-be and parents of babies up to 24 months (the first 1001 critical days). Our service is consent-based and aims to provide help for families within the local community to build stronger bonds and positive relationships with their babies.

Looking after a baby can feel challenging and at times stressful. If there are additional difficulties in your life it might be hard to cope. The CBSPIP service offer parent-infant therapy and key working support in order to:

- Support your relationship with your baby
- Give you an opportunity to talk through your worries about your baby
- Think together about how past experiences might be affecting you now
- Provide you with information on child development
- Help you see your child's point of view
- Support you with any other issues affecting you and baby

Key working and therapeutic support is offered according to the needs of your family.



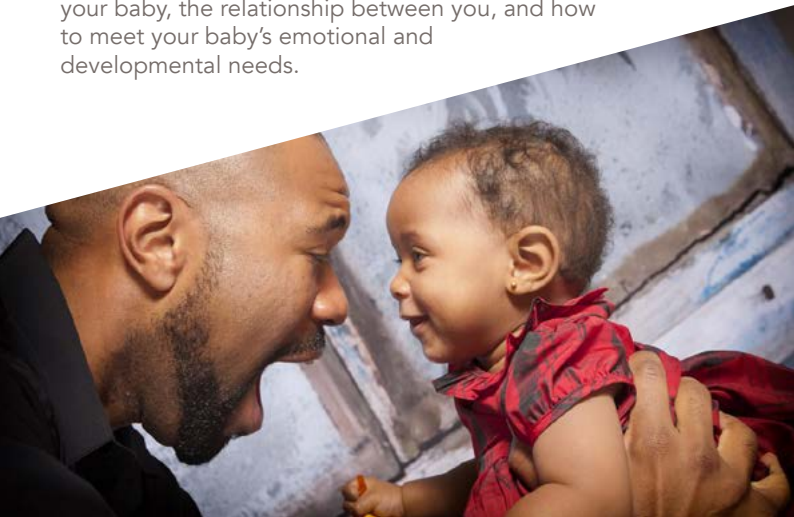
What next?

If you think you and your baby could benefit from our support, or if you've been referred to us by a professional, one of our team will meet you to talk about the concerns you have and discuss what we can offer.

We aim for our service to be as accessible as possible and can provide flexibility as to the venue, location and timing of sessions.

If the member of our team feels our support may be of help, then you will be allocated a key worker, therapist or both, who will meet you with your baby for 50 minutes once a week. Alternatively, they may recommend a different type of support if they feel this may suit you better.

In your session, you will gain a deeper understanding of parenting styles and discover new ways of thinking about your baby, the relationship between you, and how to meet your baby's emotional and developmental needs.



Getting in touch

Most of our referrals come from children's centre staff, GPs, health visitors or midwives. Families can also refer themselves. Many of the mothers we see experience postnatal depression of some kind. We actively encourage partners to participate in our sessions wherever possible.

Please either call our referral line and leave a message or email us at the address below. We aim to get back to you within three days.

Croydon Best Start PIP

PIP House (Church Road entrance)
All Saints School, Upper Beulah Hill
London, SE19 3LG

Tel: 020 8680 0404

enquiriesforcbbspip@croydondropin.org.uk

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