

We may decide together that some individual sessions for you may be useful.

Or we may decide together that EPIP is not the service for you and we can help point you in the direction of services that may suit you better.



### How do I find out more?

You can contact Carol Levine (Parent Infant Psychotherapist) on 07826 765 845 or Jane Davies (Specialist Health Visitor) on 020 8702 6828 who would be pleased to tell you more about the service.

Visit our website at [www.e-pip.org.uk](http://www.e-pip.org.uk)



Enfield Parent Infant Partnership

Developing secure relationships  
between parents and their babies

## INFORMATION FOR FAMILIES



EPIP is a service for parents-to-be and parents with babies (up to 18 months at referral)

- Are you a parent to be or a parent with a young baby and finding that things are more difficult than you anticipated?
- Have you been feeling low or depressed and are concerned that this may be having an effect on your baby?
- Are you finding that you are feeling very worried and anxious since the birth of your baby and that it may be affecting your relationship together?
- Are you feeling concerned that you have not formed a bond with your baby in the way you had hoped you would?
- Do you have concerns about your baby's development or how your baby is doing and feeling stressed by this?
- Has becoming a new parent stirred up some unexpected difficult feelings?

If any of these questions have come up for you and you would like help, it may be that EPIP can offer you the right kind of help and support.



### What is EPIP?

We are a small team consisting of a Specialist Health Visitor, Parent Infant Psychotherapists and an adult therapist.

We work with parents and their babies to help understand and work out, with you, some of your worries and concerns. Together with you and your baby, we think about the feelings you each have and try to understand and find ways of communicating together and enjoying each other.

### How do we do this?

We have different ways that we can help. In the first instance, a conversation on the phone with yourself or the person who may

suggest a referral, e.g., your Midwife, Health Visitor or GP, will be helpful in deciding what would best suit you and your baby. Together we may decide that our Specialist Health Visitor would be most suitable to help you with your worries and she will offer you an appointment to come and see you at your home.

We may think that some sessions with our Parent Infant Psychotherapist would be the best way forward to explore some of your concerns with you in more depth and we would offer you an appointment to be seen in the clinic or at a children's centre near to you.

