

Leaflet for parents

# Wee Minds Matter



## Who are we?

The Wee Minds Matter service provide specialist support to parents and their babies during pregnancy, birth and up to 3 years of age. We recognise that all families are unique, diverse and different.

## Who is the service for?

Pregnancy birth and caring for a baby can be a challenging and confusing time for parents and families. Parents have let us know, that for many reasons, there can be things that can get in the way of enjoying your relationship with your baby including:



- Difficulties during pregnancy
- Traumatic birth
- Previous/recent losses or bereavement
- Difficulties in the relationship with your partner and/or your own parents
- Low mood/anxiety or struggles with your own mental health
- Substance misuse and/or difficulties looking after yourself
- Conflict between you as a couple since becoming parents and/or including domestic 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 with difficulties from the start is a great 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 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 meet with you to understand you and your baby's needs
- We will plan together what will be most helpful at this time, and work alongside other professionals
- We can offer appointments in places 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

 0141201 0808

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