

# OXPIP

## OXFORD PARENT- INFANT PROJECT



OXPIP received £14,863 to offer free, intensive therapeutic help to parents and babies to form strong and loving relationships in the first two years of the child's life. OXPIP runs sessions across Oxfordshire, with Well Together funding sessions at the Abingdon Carousel Family Centre in Caldecott, Abingdon.



OXPIP offers free, weekly therapeutic sessions for parents/carers and their new babies, addressing any difficulties in the parent-child relationship, which helps to prevent longer term patterns of negative mental health outcomes. They work with parents and babies to nurture positive relationship patterns, thus improving the outlook for future wellbeing of both the parents and the children.

**“The sessions have helped me to see things from my baby's point of view and understand my baby's emotions and how this impacts our relationship.”**



### WHY ARE EARLY PARENT-BABY RELATIONSHIPS IMPORTANT?

OXPIP says, “Early parent-infant relationships are important because we know that the nature of the care given to infants has lifelong implications for how children learn, form relationships and manage their emotions and behaviour. Neuroscience has shown us that what happens in the first two years of life has a profound effect on the infant's developing brain.”





## MAKING LIFE LIGHTER

well  
together

OXPIP's work is highly impactful. They see around 350 families a year in Oxfordshire. The new sessions in the Carousel Centre in Abingdon provide an accessible and convenient service for local families. All the families who have attended have shown a significant reduction in parental anxiety and depression from the start to the end of the sessions.



When one mum and baby began therapy, mum had little faith in her own capacities, and felt overwhelmed and isolated. She says, "People say that babies just eat, sleep and poop. It was not until I had a baby that I realised that she is a complex emotional being. It has been really helpful to have a reliable safe space to think about this. In the beginning when I was referred to OXPIP I was worried that I was failing. My feelings around that have really changed. It has been a really positive experience for me and my baby."

Mum and baby made good use of the OXPIP sessions and now feel confident to join other groups, helping them to establish good support networks. In addition to individual family sessions, OXPIP also provide specialist training for parents. Parent-infant relationships are so important to self-esteem and mental health. The support OXPIP provides ensures children have a good base for behavioural, social, and emotional development.

**"An invaluable support for parents needing help  
which enables their children to get the best possible  
start in life."**



[www.oxpip.org.uk](http://www.oxpip.org.uk)