

How to access our service

If you would like to access support from our service, speak to your GP, midwife, health visitor or any other health professional working with you. They will be able to refer you to our service if they think we can help.



Halton and Warrington Baby and Infant Bonding Support Service

Information for parents



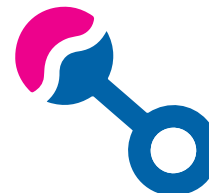
Contact us

Halton and Warrington Baby and Infant Bonding Support

Thorn Road Clinic
Thorn Road
Runcorn
WA7 5HQ

Tel: **01928 568 162**

Web: merseycare.nhs.uk



Pregnancy, birth and caring for a new baby can be a challenging and confusing time for many parents.

A number of things might get in the way of you enjoying your relationship with your baby, such as:

- **Feeling down or anxious**
- **Having a difficult birth**
- **Worrying about your baby**
- **Worrying about your ability to cope as a parent**
- **Difficult events from the past.**

With the right support though, evidence shows that this period is a great time to make positive changes for the future, for both you and your baby.



How can we help?

Halton and Warrington Baby and Infant Bonding Support Service (BIBS) is here to help any parents who are experiencing difficulties bonding or developing their relationship with their baby.

You may have had thoughts like:

"I don't think he likes me. He seems to prefer being with others."

"I wish it was just the two of us again. We haven't got on since he was born."

"I resent her and I feel so guilty."

"I didn't think it would be this hard. I don't feel like I'm coping."

If any of these sound familiar, BIBS is here to help.

We offer supportive sessions for parents and their babies together, or to parents during pregnancy. These sessions may take place in your home or in the community, such as at a children's centre or a local clinic.



What will happen at your first appointment?

At your first appointment, you and your baby will have a chance to meet with a therapist to talk about what is going well, what isn't going so well, and whether we are the right service to help.

It will be an opportunity to talk about any worries you might have and find out about how we could work together. Both parents are welcome but we will work with whoever comes along to the appointment.

