**Where do we work?**

We are based at Clarence Arcade in Ashton, but we see families where they feel most comfortable. This might be at the family home, children’s centre, or health clinic.

**HOW TO ACCESS THE SERVICE**

We accept referrals from GPs and other professionals such as midwives, health visitors, social workers, psychiatrists, IAPT, and nursery staff.

Please phone, fax or email us to find out more:

0161 716 3569

pcn-tr.eas@nhs.net

2nd Floor, 31 Clarence Arcade, Stamford Street, Ashton Under Lyne, OL6 7PT

**What people who we have helped say about our service:**

*‘You have provided our family with fantastic support after a very difficult and traumatic birth of our second son’.*

*‘I didn’t feel judged which is a really big thing for me. I felt able to talk honestly and I felt understood’*

*‘The service really helped me bond more with my baby girl where there is much more love between us know and I can understand her’.*



**Other Useful Contacts or Information:**

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

[www.youtube.com/watch?v=8isPZ8JYTR8](http://www.youtube.com/watch?v=8isPZ8JYTR8)

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

<http://www.pandasfoundation.org.uk/>

<http://www.understandingchildhood.net/>

<https://www.zerotothree.org/>



**Tameside and Glossop Early Attachment Service**

**‘Nurturing Early Relationships’**



**Pregnancy to Pre-school**

**Finding your way with your baby or toddler**

**What can the matter be? If you are concerned about your baby or toddler, about how you are feeling about being a parent or how you will cope or are coping, we can help you understand your feelings and your baby’s point of view, making parenting a less worrying and more joyful experience.**

Being pregnant and having a baby is a special and memorable time in a parent’s life. But it can be a difficult time too for parents and for the baby. Different emotions, experiences and expectations can get in the way, and affect how parents feel in themselves and how they feel about their baby.

We know this time is also a chance to affect great change, as pregnancy and the birth of a baby is a critical ‘window of opportunity’ when parents are especially receptive to offers of advice and support.

**‘As babies the way we are held, talked to, and cared for teaches us about who we are and how we are valued. This profoundly shapes who we will be become’ (Brazelton, 2013).**

Early experiences matter – a lot. Babies’ earliest relationships and experiences shape the architecture of their brain, creating a solid foundation on which future development and learning grows.

Science is helping us understand that healthy first relationships are really important for a child’s future emotional well-being and development. During the infant and toddler years, there are many opportunities to promote emotional health, to prevent problems later on in life.

Some of the things that we support families with include:

* Worries, fears, anxiety, frustrations, low mood, depression
* Adjusting to parenthood
* Infant and child development, understanding your baby, managing behaviours that are challenging
* Sleeplessness, eating difficulties, excessive crying, tantrums, and separation difficulties

We want to ensure parents have the support they need so that they can feel more able to go on to develop their relationship with their baby.

**Who do we see?**

We support parents and carers who are expecting a baby or have a child under five, to help parents build a strong relationship with their child so that their child feels safe, secure and happy.

**Who are we?**

The service is a partnership between Pennine Care NHS Foundation Trust and Tameside and Glossop Integrated Care NHS Foundation Trust.

Our team members include: Clinical Psychologists, Child and Adolescent Psychotherapists, Health Visitors, Social Worker and Administrative Support. We work closely together in order to make the most of everyone’s skills and expertise. We also work closely with other professionals that may be supporting you.

If your concerns are urgent, we will contact you on the same day.

We offer emotional therapeutic support and help to parents before and after birth of their child.

Need to add more here

**What do we do?**

We will offer you an appointment within 2 weeks of a referral being made to the service. Initially, you will have a series of appointments with one of our clinicians, to talk through your problems and concerns and we’ll work out together what sort of help will be most appropriate for you.

If your concerns are urgent, we will contact you on the same day.