

Can we help?

OXPIP may be helpful if:

- You are pregnant and feeling low or very worried.
- You are struggling with how you feel about being a mum or dad.
- You have had a difficult or traumatic birth experience and this is affecting your feelings about being a parent.
- You may have experienced trauma as a child yourself and you are fearful of the impact this may have on you and your relationship with your baby.
- You may have experienced a previous loss of a baby or a miscarriage that is still affecting you.
- Your baby is fretful a lot of the time.
- Your baby struggles to sleep or to eat.
- You persistently worry about everything.
- You are feeling isolated or lonely.
- Parenthood is not all you expected it would be.
- You find yourself having very intense feelings that unsettle you.
- You are tired all the time or feeling that you are just not your usual self.
- There may be other issues that you would like to discuss.

Contact us



OXPIP

Oxford Parent
Infant Project

OXPIP

Suite J, The Kidlington Centre
Kidlington, Oxford, OX5 2DL

To make an appointment:

0790 453 8774

For general enquiries:

01865 778034

Or you can email us at:
info@oxpip.org.uk



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OXPIP

Oxford Parent
Infant Project



**Because being
a parent isn't
easy...**

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Making a secure and strong relationship with your baby can be a difficult task. Complications can arise for anyone, no matter their background or circumstances. If these issues are addressed early in a baby's life, then family relationships can be greatly improved.

At OXPIP we offer support to parents and their babies in Oxfordshire and Berkshire. Many of the parents we see suffer from post-natal depression of some kind, from mild to very severe. We help parents who have had traumatic birth experiences, previous losses or are finding parenthood not all that was expected. We can help with unsettled babies and offer support with feeding and sleep problems.

Where possible we aim to start working with mothers and fathers in the antenatal period and help them with the transition to parenthood.

“I cannot explain how much OXPIP has helped me. I was anxious, upset and unable to talk about my baby’s birth. But now I feel like my old self again.”



What we offer

We offer a range of interventions and our work can be transformative. Significant changes often take place in a short period of time.

We offer parent infant psychotherapy sessions with mother and/or father and baby in the room together. This may be time limited or over a longer period up until the baby is two.

We also work with families antenatally.

We take referrals from health care professionals (health visitors, GPs and midwives) but are also happy for parents to contact us directly.

In some areas we are able to provide a free service. Where we do not have a funded service we have to make a charge. Please check www.oxpip.org.uk for current funded provision and sliding scale costs.

“I honestly don’t think that our family would be in the happy place we are now if it hadn’t been for the support provided by OXPIP during what has been a very hard, challenging time.”

How we work

We work with mothers, fathers and babies in a number of ways and our work may involve:

● Parent and baby sessions

Individual parent infant psychotherapy sessions. These may include *Watch, Wait and Wonder* where the parent follows the baby’s lead and gains a greater understanding of what might be in their baby’s mind.

● Video work

We can offer eight sessions of Video Interaction Guidance (VIG). This intervention is recommended in the NICE healthcare guidelines, and helps parents build confidence to interact with and understand their baby.