

# Rock-a-Bye

## A Group to support Parents and Babies and their Relationship

These groups are offered to parents who are feeling low, anxious or finding their baby difficult to understand. They are designed to increase confidence in the parent and help understanding of their babies' non-verbal cues. Sessions are both safe and stimulating, using music and props (beautiful scarves, streamers and shakers) in such a way that both parent and baby can relax and begin to find new ways of enjoying each other's company. Additionally people are encouraged to be honest with each other about how they are finding being a parent such that a sense of mutuality, connection and playfulness is developed.

The groups are facilitated by Early Years Practitioners who have undergone substantial training with the late Lucy Livingstone, a Dance Movement Psychotherapist, Katy Taylor, a Core Process Psychotherapist, and Clare Beckell, a Play Therapist. Both verbal and non-verbal interventions are used to support the emergence of a new warmth in the relating between parent and infant, increasing the parent's capacity to reflect on any difficulties she/he may be having in relation to his/her baby. UWE researchers have found that the sessions can turn participants' lives around, enabling those with PND to feel skilled, confident and supported. Parents have reported the groups as being 'a life saver'.

### Who to Invite

Parents (most often the mother) with babies aged between 2 and 8 months can be invited to these groups when it is felt that the parent, the infant, or the parent-infant relationship would benefit from some support. This may stem from maternal anxiety or post-natal depression, difficulties resulting from a premature or traumatic birth, persistent crying or sleep problems in the infant, or it could just be that they come to clinic more often than you would expect. To invite a family just ring the most local participating children's centre listed below. Flyers for parents are available from each of the centres.

### Participating Children's Centres

**Bannerman Rd, Easton. Contact Lisa or Kate: 0117 903 0269**

**Badocks Wood, Southmead. Contact April, Alison or Lindsay: 0117 903 0050**

**Brentry and Henbury. Contact Sue or Jen: 0117 9593800**

**Compass Point, Bedminster. Contact Viv or Emma: 0117 3772340**

**Ilminster Ave, Knowle West. Contact Rachel or Jo: 0117 9039781**

**Southern Links. Contact Jody: 0117 353 3503**

**Speedwell. Contact Rachel: 0117 903 0329**

**St Paul's. Contact Debbie or Sara: 0117 903 0337**

**Little Hayes, Frenchay. Contact Laura or Kelly: 0117 903 0405**

This is a Bristol-wide evidence based parenting programme funded by Bristol City Council.

**Contact:** Katy Taylor, [katytaylor@gmx.com](mailto:katytaylor@gmx.com), 07952 064 702  
Clare Beckell, [clarebeckell@icloud.com](mailto:clarebeckell@icloud.com), 07981895932

