

**Mum’s Reflection “I never attended any groups with my other two children because I was worried, I would be judged for being so young. When I was told about this stay-and-play group, I didn’t want to go either, as I felt that I would be judged again, but I thought I would just go once and see what it was like. All the other parents there were so friendly and chatty, and this helped me to feel more relaxed and share my experiences. I was surprised that most of the other parents had the same fear as me about going to a group. When one of the workers asked me would I like some individual support I was worried that they thought I wasn’t coping and that they were going to report me to social care. She reassured me that she didn’t think that and just wanted to reach out. I really enjoyed the parenting course too. I am glad I accepted the extra help and it has made so much difference to the way I can enjoy being a mum this time round.”**

**Support Steps’ Reflection “Recognising the importance of building trust with families and helping to empower them.”**

# OUTCOMES

* Baseline PHQ-9 and GAD-7 indicated moderate level of depression and anxiety (score of 8 and 10 respectively)
* After 8 weeks of support this had improved. (score of 4 and 6 respectively)
* Mum attended all 3 sessions of Watch, Wait, and Wonder and felt more confident with her baby and learned more about him, reducing her overprotectiveness towards him.
* Mother has established positive relationships and networks of friends during the stay-and-play sessions.
* Mother is beginning to enjoy being a mum and has started to recognise that she did the best at the time with her older children.

# SUPPORTIVE STEPS PLAN

Mother attended stay and play session with her 6-month-old baby.

The mother was offered further support, and an assessment phone call was arranged for the following day.

* Mother feels guilt for previous parenting of older children as she is mothering her baby differently.
* Mother shared that she feels very overprotective of her baby.

Mother provided peer support via a telephone call and home visits to provide some space to talk about her anxieties and worries as it was apparent that mum had a lot of emotions bottled up.

Mother attended Watch, Wait and Wonder.

Mother encouraged to continue attending stay and play groups to help build confidence and social connections.

# Family Composition and History

* 28-year-old mother to three children aged 16 years, 14 years, and 6 months.
* She is a single parent with little support.
* Previous social care involvement, and although social care is not currently involved, the mother is fearful of seeking help in case social services 'take her baby.'

**Case Study – Start for Life**

**Perinatal Mental Health and Parent Infant Relationship Support**