



Little
Minds
Matter

Bradford Infant Mental Health Service



Bradford District Care
NHS Foundation Trust



Keeping the Infant in Mind:

A Five-Point Action Card for Practitioners



When you're working with a family with a baby, this card will help you to consider:

- How your plans and/or decisions may affect the baby
- What the parent-infant relationship looks like and whether there are any concerns

1

Support networks matter: support systems are important for parental wellbeing.

Does this family have support in place that enables them to be emotionally available for their baby?

2

Parent-infant relationships matter: babies learn about themselves and their world through their relationships.

Does this baby have a caregiver who can recognise what they need and respond sensitively?

Feeling disconnected from your baby can be extremely difficult.

Does this caregiver feel a bond with their baby?

3

Babies can't wait: the first 1001 days of a baby's life are critical - their brains are developing rapidly, and this development is shaped by their early experiences.

Does this baby and their caregiver share enough quality interactions, e.g. eye contact, mirroring, talking / babbling?

4

Babies are born ready to relate: babies are born hardwired to seek human connection and build relationships.

Does this caregiver pick up on their baby's efforts to engage with them and respond appropriately?

5

Consider: if this baby could tell us their story of what it's like to be in this family, what would they say?

