



**We are the Mental Health Support Team (MHST) and we work across Westminster to promote good emotional wellbeing and mental health of children and young people.**

**We support children and their families through prevention, early intervention and education.**



## **HOW CAN I FIND OUT MORE?**

To register your interest please contact our Infant Mental Health Practitioners, Beth Jenkinson and Mary Shinner, on:

[IMH@bwwmind.org.uk](mailto:IMH@bwwmind.org.uk)

07917 909 708



## **CONTACT US :**

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Visit our website by scanning the QR code



Charity No. 292708



Brent, Wandsworth and Westminster

# **Infant Mental Health Service**

**1:1 support for parents of children aged 0-5**





# INCREDIBLE YEARS

Incredible Years is suitable for children aged 3-5 who are experiencing behavioural difficulties.

We will focus on a different topic each session, using discussion, videos and role playing. There will be a home task each week to practice the strategies learnt in that session.

Topics covered include:

- Play
- The importance of parental attention
- How to help children learn to regulate their emotions
- Effective praise and encouragement
- How to use rewards
- How to use rules and set limits
- How to manage challenging behaviour

There are 12 weekly sessions, each one hour in length.



## VIPP Video-based Intervention for Positive Parenting

VIPP is suitable for children aged 0-5 who are experiencing behavioural difficulties, difficulties in the parent-child relationship, or if the parent finds it difficult to interpret the child's behaviour, thoughts or feelings.

This intervention takes place over 6 sessions in the family home. These sessions will be between 2-4 weeks apart and will last around 90 minutes.

In each session the parent and child are filmed doing everyday activities. The parent and practitioner watch this video together and think about what they can see, and how the child might be thinking or feeling.

This intervention aims to:

- increase parent's knowledge of child development
- Increase parent's ability to observe and empathise with their children
- Use sensitive discipline to manage misbehaviour

## WHAT DOES THIS SERVICE OFFER

We provide two evidence based interventions:

- VIPP
- Incredible Years

The aims of these interventions are to:

- Strengthen the relationship between parent and child
- Promote children's development (emotional, social, language and behaviour)
- Help parents to develop effective parenting
- Increase confidence in parenting
- Learn about what behaviours are normal for children

