



Ready to Relate

bringing the evidence to families around the parent infant relationship and the first 1001 days

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[Ready to Relate cards for professionals working with families - BDCT](#)

INTRODUCTION

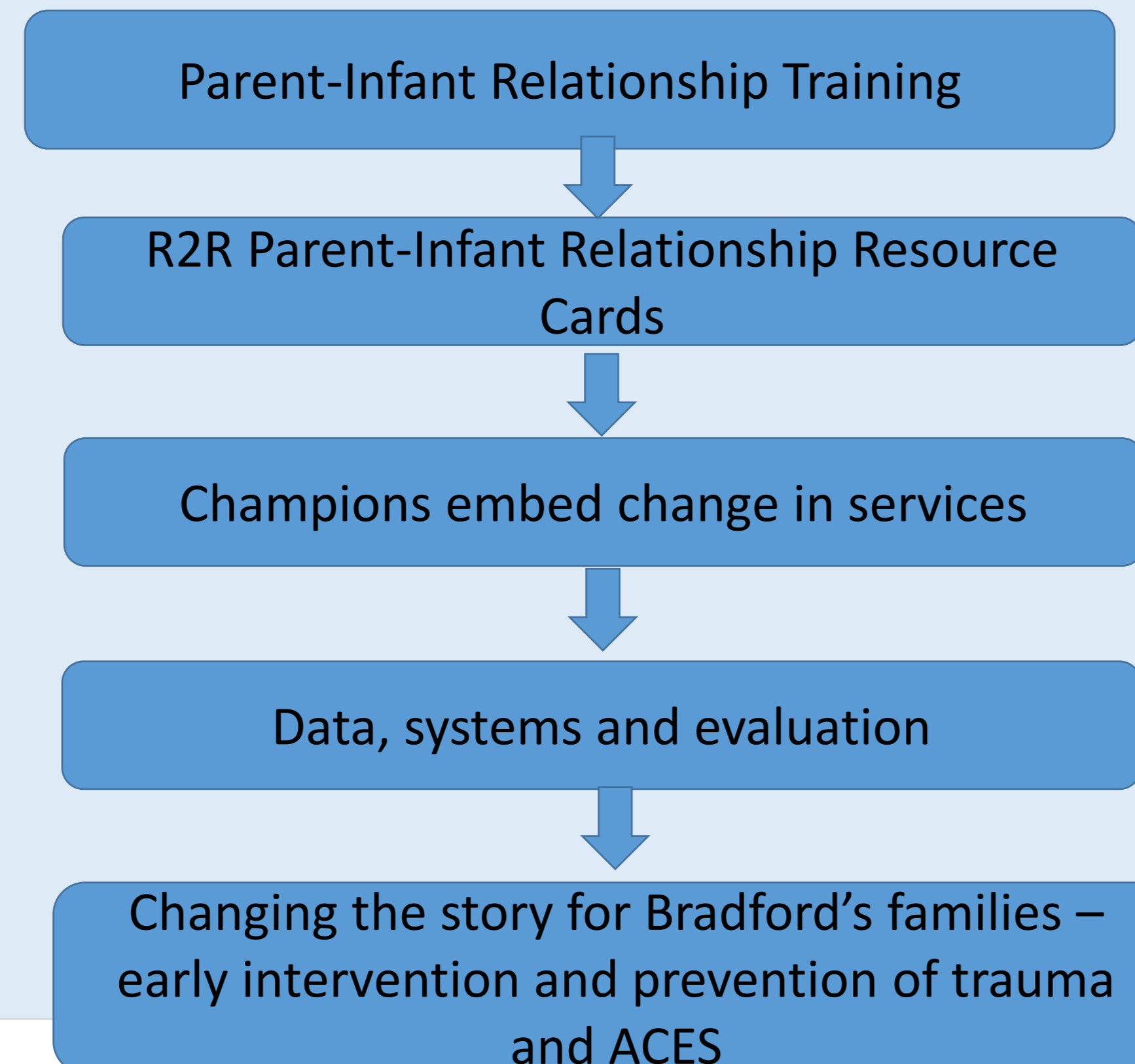
The Ready to Relate Parent Infant Relationship Resource Cards (R2R) remind us how amazing babies really are! They are a visual tool for professionals to facilitate the sharing of evidence based messages with families, in an accessible and effective form.



The R2R has been used to embed BDCFT's Parent-Infant Relationship Training into practice. The training and R2R has been used across the community with services working with families. R2R conversations are part of trauma informed care, supporting prevention and early interventions. Supporting the parent-infant relationship may mitigate the stress infants experience when their mother/main carer is experiencing stress, decreasing Adverse Childhood Events (ACES).



BRADFORD'S READY TO RELATE MODEL OF SUSTAINED CHANGE



KEY DRIVERS

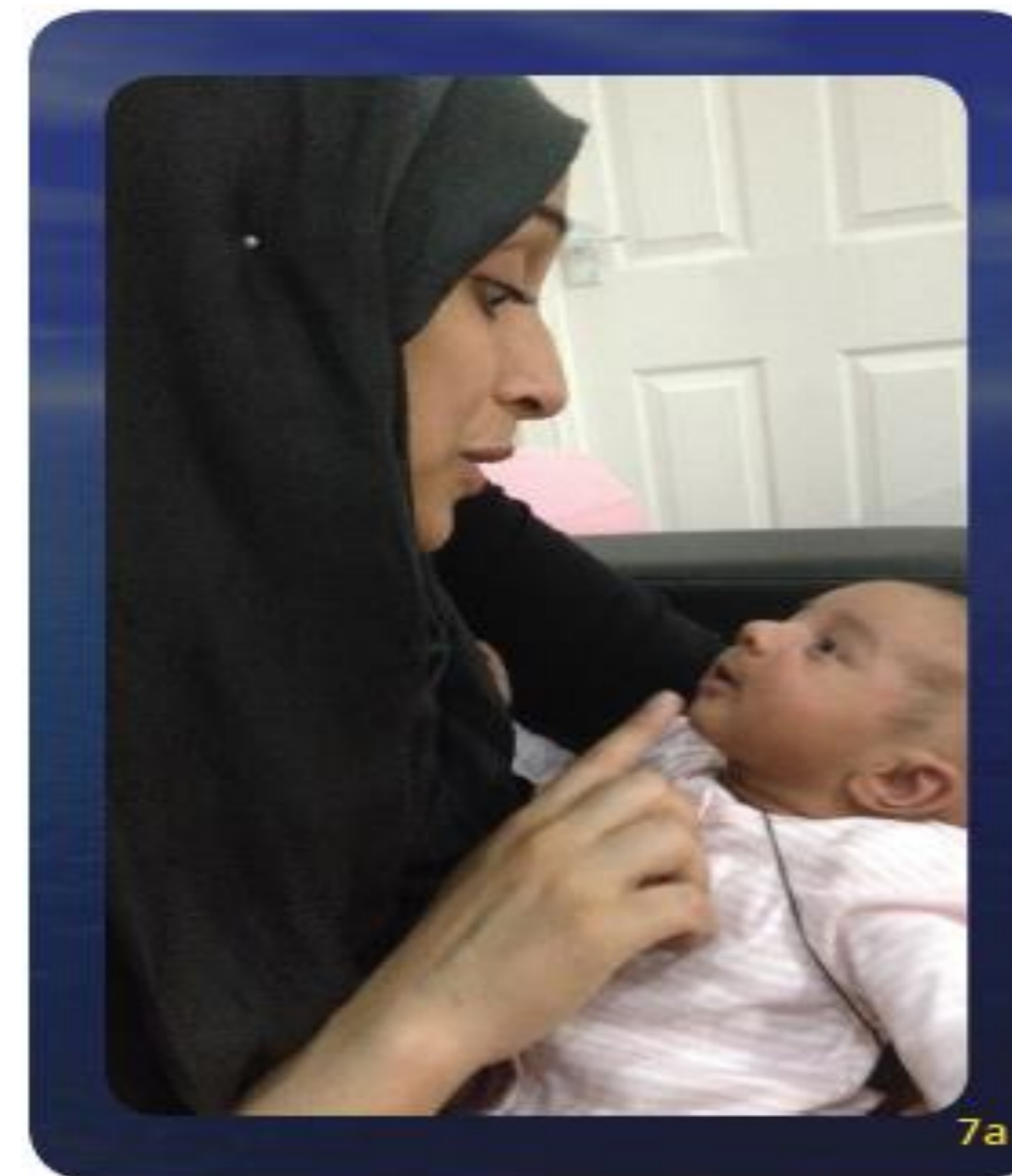
Improved life chances for children and young people are directly impacted by an improved parent infant relationship from conception throughout the first 1001 days and beyond.

The early relationships a baby experiences from pregnancy impact early brain development. This information belongs to the parents. Supporting information sharing is key to change.

USE

The R2R cards can be used:

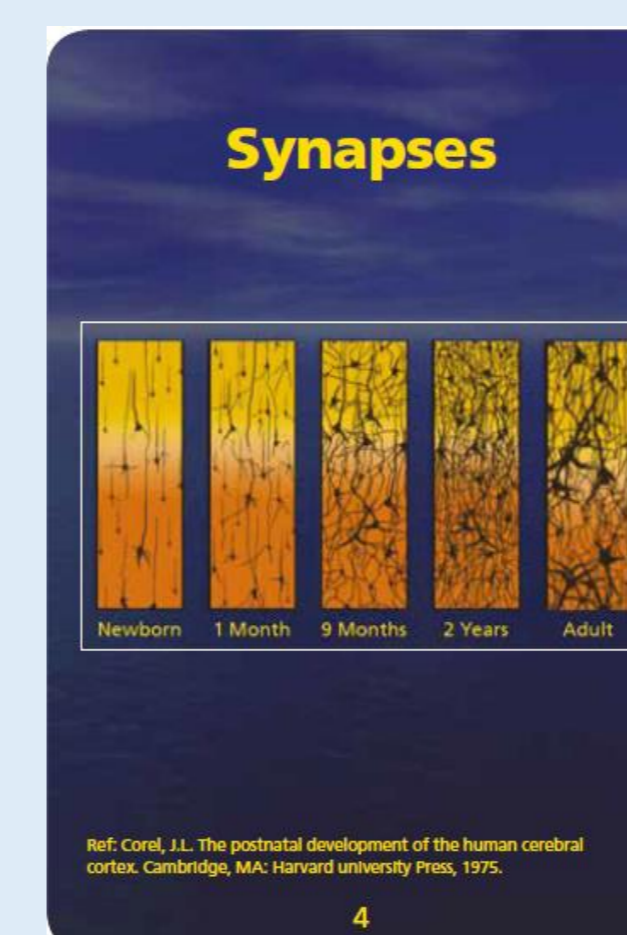
- With all families to inspire and excite them in their parenthood journey;
- as an intervention to help raise awareness of specific relationship factors, challenge unhelpful attributions and behaviours and improve understanding of the infant.



PARENTS' FEEDBACK

'I didn't know a little baby was able to communicate so much. I wish I had known this with my first child who is 2 ½' (mother of 6 week old baby)

'I like the slides of the brain growth, I didn't know it was so important to respond to my baby before' (mother of 6 week old baby)



PARENTS' FEEDBACK OVER 1 YEAR LATER

"I think the brain development, that was really important... the connections of how quickly they develop I think that was really, really good and informative...and the connection you've got with your baby when you're with them and ... and you're looking at them." (Dad).

"leave them, let them cry, that's what it said on the internet, well, I think that's even harder for the baby... makes them cry and think they're not wanted, so when you showed me the cards well that's what I do, I cuddle them, I hug them, they go quiet, they know, want reassurance, that someone's there, so I don't believe what it said on the internet." (Mum.)

REFERENCES

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Meins E (2017) The Overrated Predictive Power Of Attachment. *The Psychologist* 30 (1) 20-24
National Institute for Health and Care Excellence (2014) Antenatal and Postnatal Mental Health NICE guideline (CG192)
Nugent K, Dym-Bartlett J, and Valim C. (2014). Effects of an infant-focused relationship-based hospital and home visiting intervention on reducing symptoms of postpartum maternal depression: A pilot study. *Infants & Young Children* 27 (4), 292-304

Enjoy the joy!

