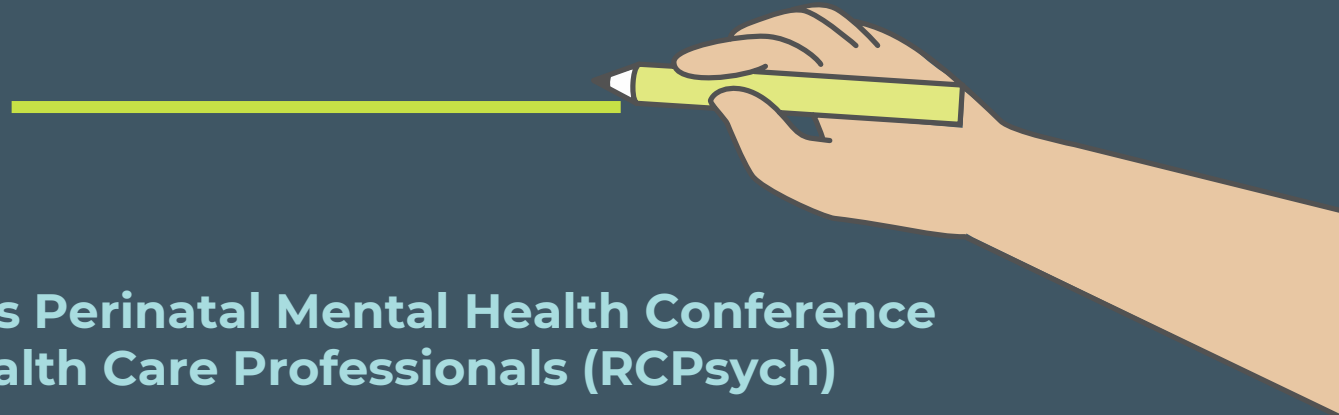


WHO IS IN THE NURSERY? SHARPENING OUR FOCUS ON PARENTS AND BABIES



**Trainees Perinatal Mental Health Conference
for Health Care Professionals (RCPsych)**

Dr. Pauline Lee, 12th May 2022

RESOURCES

1. <https://childpsychotherapy.org.uk/resources-families/understanding-childhood/your-new-baby-your-family-you> - leaflets for families
2. Ghosts in the nursery paper: https://www.sas.upenn.edu/~cavitch/pdf-library/Fraiberg_Ghosts.pdf
3. Your Baby and You YOUTUBE Links: Films for families
 - Attachment and bonding: <https://youtu.be/kQiT2tO3KeE>
 - Learning about your baby (part 1): <https://youtu.be/QA9pITQUCxU>
 - Learning about your baby (part 2): <https://youtu.be/HWJu1m1t1GA>
 - Neonatal unit: <https://youtu.be/VAoY73y48es>
 - Parental mental health: <https://youtu.be/7kei0vL8umY>
 - Pregnancy to birth: <https://youtu.be/Bh2cHNWyqsY>
4. Zoe and Izzy: Help me Love my Baby film
<https://www.youtube.com/watch?v=rZmb7SCreBk>

RESOURCES CONTD

5. Greater Manchester Perinatal and Parent Infant Mental Health Whole System Model

<https://www.gmmh.nhs.uk/news/greater-manchester-perinatal-and-parent-infant-mental-health-model-launched-by-greater-manchester-health-and-social-care-partnership-3803/>

6. Greater Manchester Perinatal State of mind film

<https://youtu.be/8XaJ7JLKbzU>

7. Greater Manchester Perinatal and Parent infant mental health services film

<https://youtu.be/QgceSTxdU7A>

8. Pregnancy, family and mental health resources for families living in Greater Manchester tinyurl.com/GMPIMH

9. Parent Infant Foundation: <https://parentinfantfoundation.org.uk/>

10. Association of Infant Mental Health: <https://aimh.uk/>