



# The Family Hub Parent & Infant Relationship Service (PAIRS)

## Who are we?

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We are a small, friendly team who specialise in working with babies and parents across Hounslow. We are able to work with you from your home, the Family Hub or in our baby groups. Our work is to support you and your baby and strengthen that bond.

## What we do

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- » You will be greeted warmly at our groups
- » We will encourage you to notice and observe your baby and follow their lead
- » We will help you to make friends and meet other parents with babies... we know it takes a village to raise a baby!
- » We will help you support your baby's development through play with sensory toys, using nurturing touch, or through songs and rhyme time.
- » We will wonder together with you about what your baby might be thinking and feeling.

## Why do we do it?

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Scientific evidence tells us that the first 1001 days of your baby's life (from pregnancy to the age of 2) are hugely important for a baby's long term, mental and physical health and well being.

We know what a challenging time this can be, from how much your baby needs from you, to sleeplessness and isolation. However spending quality time together is so important for you and your baby, but like all relationships, it can take time and effort.



## Our groups and services

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- » **Pregnancy stretch & breathe:** a pregnancy class that supports and enhances physical and mental wellbeing and helps you tune into your baby
- » **Baby TLC:** a group for you and your baby that focuses on play, having fun and making friends
- » **Baby Talk and Play:** a course on play and early language
- » **Baby Massage:** five week group course to learn more about how to help your baby feel more relaxed
- » **Dad's Play:** a group just for male carers and their babies or toddlers to have fun together

- » **One to One support** from our specialist team including Video Interaction Guidance (VIG) or Parent Infant Psychotherapy. These aim to help make parenthood feel easier and more enjoyable, and support you and your baby to be together and thrive

## What do you need to know?

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Everything we offer is free of charge and accessed through your local Family Hub.

You can ask your midwife or health visitor about our PAIRS work, pop into a Family Hub, or even refer yourself to our services.



### How can I find out more?

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Why not pop along to one of our Family Hubs or come along to a baby group for a chat with one of our team.

Our staff are here to listen to you and support you in finding the services that are right for you and your baby.

### Contact us

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You can contact the team via email on:

[familyhub@hounslow.gov.uk](mailto:familyhub@hounslow.gov.uk)



London Borough  
of Hounslow

[www.hounslow.gov.uk/familyhubs](http://www.hounslow.gov.uk/familyhubs)

