

# Parent and Infant Relationship Service (PAIRS)



## How can we help?

We work with parents-to-be and parents or carers of babies up to 24 months old.

Looking after your baby can feel challenging and at times stressful. Life is busy and you might be finding it hard to cope. We can offer key-workers and therapists who may be able to support you.

## We will:

- support your relationship with your baby
- give you opportunities to talk through your worries
- think together about past experiences and how they might be affecting you now
- provide you with information about child development
- help you see things from your child's point of view
- support you with any other issues affecting you and baby

## What next?

If you think you and your baby could benefit from our support we can talk to you about concerns you may have and discuss what we can offer. We aim to be as accessible as possible and can be flexible as to the venue, location and timing of meetings.

If we agree our support may be useful, you will be allocated a key worker or therapist to meet with you once a week. Alternatively, we may recommend a different type of support if you agree it may suit you better.

In the sessions we will help you gain a deeper understanding of parenting styles and how to meet your baby's emotional and development needs.

## Get in touch

Give us a call on **020 8680 0404** or drop an email to **[enquiriesforcbspairs@croydondropin.org.uk](mailto:enquiriesforcbspairs@croydondropin.org.uk)**.

We are based at:

PAIRS House (Church Road entrance)  
All Saints School, Upper Beulah Hill  
Croydon, SE19 3LG



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