

Who we are

We are a small team of Specialist Health Visitors and Child Psychotherapists and form part of the wider Perinatal and Infant Mental Health Service.

How to access us

We understand that being parents or carers can be very rewarding. We also know that this can be a really difficult time.

If you have concerns about your infant's emotional development and wellbeing, their relationship with you, or how you feel about your baby, please don't hesitate to speak to your Community Midwife, Health Visitor or Family Nurse who can refer you to the Infant Mental Health Team.

Contact us

Infant Mental Health Team
Sea View
Whyteman's Brae
Kirkcaldy
KY1 2ND

fife.infantmentalhealthteam@nhs.scot

illustrations by Storyset

Help us get it right

We value your opinion to help us improve our service.

If you have feedback (positive or negative) please let us know by getting in touch with us at:
fife.infantmentalhealthteam@nhs.scot

If you would like to talk to someone outside the service, you can contact the Patient Liaison Team on 01592 643355 #28153.



Infant Mental Health Service

Offering specialist support for infants and their parents/carers in Fife before birth and up to their third birthday



What is infant mental health?

The development of mental health begins before a baby is born.

Emotional wellbeing in babies is linked to them beginning to recognise their feelings and make them known to you as they explore and learn about the world around them. This helps them to progress securely into childhood, through teenage years and then into adulthood.

Many things affect how babies feel. Feeding, safety and hygiene are vital for their physical health. Being understood and having a connection with key caregivers is also needed for their emotional wellbeing.

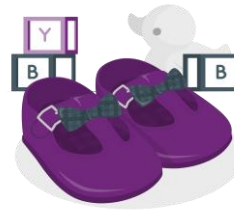
Your baby's relationship with you is the most important thing in this process and it starts when they are in the womb.



Supporting infant mental health

Your baby can get what they need from you to manage their feelings, feel safe and learn. This involves your baby and you developing a strong attachment together.

The relationship between a baby and parent/carer is unique, however getting to know each other can bring some challenges. Many things can get in the way of attachments between caregivers and their babies.



Supporting infant mental health means thinking about the relationship between your baby and you.

We offer specialist support for infants up to their third birthday and their caregivers.

We can also become involved before your baby is born to think with you about their emotional needs, as well as your own.

How we can help

We can meet with you and your Health Visitor/Family Nurse to learn more about the support that you and your baby might need. Where appropriate, it is important to include partners and others involved in your baby's care.

Following referral, we might invite you and your baby or toddler to one of our clinics at Sea View, Whyteman's Brae, Kirkcaldy or Playfield House, Cupar. We can also arrange to come to your home.

If you are pregnant and the referral is about your unborn baby, we can visit you at home or meet you at a clinic.

We also run the following groups:

- Solihull Postnatal Plus groups for babies of under six months.
- Circle of Security Parenting groups for parents/carers of toddlers up to the age of three years.

