



# **Banbury Parent-Infant Group with OXPIP and The Sunshine Centre**



## What is this group all about?

Making a secure and strong relationship with your baby amid the many pressures and stresses of becoming a parent can be a difficult task.

The group will provide a place where we can focus on your relationship with your baby.

We create opportunities to help you get to know your baby better, for you to understand what they are telling you through both verbal and non verbal communication, in order that you can better respond to their needs.

In the group we will use different ways to support these relationships:

- Baby Watching - being in the moment with your baby, wondering what your baby may be communicating, thinking , feeling and exploring how to respond and communicate with your baby
- Baby Massage
- Singing

Giving babies the experience of being heard, understood and responded to sensitively is crucial for their wellbeing, both now and in the future.



# The group can help parents:

- Get to know other parents with young babies
- Share their new experiences and feelings around becoming a new parent
- Think about how they take care of themselves through tools like mindfulness
- Have a break from their daily routine



## Who is the group for and how will it be run?

The group is aimed at parents with babies from 8 weeks old until the babies are mobile. It will be run on a Thursday afternoon. We will usually have up to 8 families in the group. It is run by Katie Bailey, Parent Infant Therapist from OXPIP and Sharon Ellis from the Sunshine Centre.

During COVID-19 the group will take place online via Zoom. Parents will need to have access to preferably a laptop, or a tablet or mobile phone. We will ask you to find a comfortable place, preferably on a blanket on the floor for you and your baby and to position the camera so that the group are able to see you and you can see the group. When possible in the future, the group will be held at the Sunshine Centre, Banbury.



# How do families sign up?

If you are interested, you can contact us for an initial chat:

- Contact Katie, OXPIP Parent-Infant Therapist on 01865 778034 or email [katie.bailey@oxpip.org.uk](mailto:katie.bailey@oxpip.org.uk)
- Through Sharon or a member of staff at The Sunshine Centre on 01295 276769 or email [community@sunshinecentre.org](mailto:community@sunshinecentre.org)
- Ask your Health Visitor to contact us



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*The group was fantastic at helping me connect with my baby and with reinforcing the bond between us...I can see the positive impact on both myself and my baby*

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Suite J, The Kidlington Centre,  
Kidlington, Oxford, OX5 2DL

**01865 778034**  
[info@oxpip.org.uk](mailto:info@oxpip.org.uk)  
[www.oxpip.org.uk](http://www.oxpip.org.uk)  
[@oxpip](https://www.instagram.com/oxpip)

**Registered Charity: 1109956**  
**Registered Company: 5410167**

**Sunshine Centre**  
Edmunds Road, Banbury,  
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**01295 276769**  
[community@sunshinecentre.org](mailto:community@sunshinecentre.org)  
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**Registered Charity: 1124335**  
**Registered in England & Wales: 05276714**