

### **Possible signs to look for in a parent and baby when thinking about referring to OXPIP**

Below are signs to look out for. For some parents and babies, there may not be any overt struggles but the parent would like to have the opportunity to have space to think about themselves and their baby and the developing relationship.

#### **Signs to look for in the parent**

- Seems overly preoccupied/ has no space in their mind for the baby
- Struggles to be present with the baby
- Struggles to find any pleasure in the baby
- Struggling to adapt to parenthood/ loss of identity
- Low self-esteem/ lacks confidence
- Depression and/ or anger
- Anxiety/ intrusive thoughts
- Parent is dysregulated (i.e. in fight, flight or freeze mode, or cut off)
- Feels as though the baby belongs to someone else
- No face-to-face contact with the baby
- Holding the baby clumsily or facing the baby away from him/ her
- No sense that baby is a social being with feeling/ does not think of the baby as a real person
- Lack of vocalisation to the baby/ no response to baby's vocalisations
- Intrusive in their interactions with the baby e.g. looms in
- Lack of sensitivity to baby's cues
- Does not watch the baby with interest
- Extremely overprotective of the baby, unable to put the baby down
- Neglects self
- Poorly perceives the baby's needs; misconstrues the baby's needs as demands
- Attributes mature (i.e. developmentally inappropriate) emotions and motivations to the baby
- Difficulties bonding with the baby
- Negative attributions made towards a child, even if 'jokey'
- Has a negative or ambivalent perception of the parenting role
- Uses statements to indicate they feel the baby is manipulating them or deliberately behaving in a set way towards them
- No encouragement of child's development
- Physically rough with the baby

#### **Other issues might include:**

- Traumatic birth or pregnancy
- Loss of previous baby

- Isolation/ lack of support
- Impact of becoming a parent and having a baby during a pandemic
- Recent life stress or bereavement
- History of trauma
- Death of previous child
- Previous miscarriage
- IVF/ infertility treatment

### **Signs to look for in the baby**

- Baby arches his or her back when being picked up/ baby resists being picked up
- Baby does not snuggle into mother or father
- Baby consistently avoids the gaze of mother or face, turns and faces away
- Extreme crying/ difficult to soothe, rarely settles to sleep
- Sleeps excessively
- Passive, non-responsive, or overly compliant
- Does not seek out the parent
- Lacks interest in the world around them
- Feeding difficulties and/ or constipation
- Lack of vocalisation