



Mental Health and Wellbeing Support for Non-Birthing Parents

CONTENTS

Hear from other Non-Birthing Parents **3**

Other non-birthing parents share their personal experiences

Looking after Baby **4**

Including: infant crying, feeding and sleep, bonding with baby and more

Professional's Comments **5**

Professionals voice why supporting partners is so important and how our service achieves this

Services to Support you **6**

Local and national services you can access, virtual and in person and resources that may help

You are not alone.

“I was unsure of my role because I couldn’t see myself anywhere.”

“A lot of the support focusses on the birthing parent only, which I found hard.”

“I found the lack of a socially recognised role really challenging.”

“I felt entirely excluded from my family”

“No one was horrible but their reactions made me feel uncomfortable”

“It’s also really overwhelming for the person who didn’t give birth and that’s rarely acknowledged.”



Looking after Baby

Baby Brain

Development:

“The brain uses about 25% of the energy an adult takes in, but babies' brains use 50% of their energy intake.”

**Dr Danielle Matthews,
Professor of Psychology**

<https://www.bbc.co.uk/tiny-happy-people/articles/zkqw8xs>

Crying:

“On average, babies cry for around 2-3 hours per day in their first few months.

It's important to know that it's ok and it's normal if your baby cries a lot.”

BBC Tiny Happy People

<https://www.bbc.co.uk/tiny-happy-people/articles/z6dvhbk>

Sleep:

“It's normal for tiny babies to wake regularly during the night. Their clenched fist is the size of their tummy so they need to feed a little and often. Their sleep patterns will mature.”

**Maggie Fisher, Sleep Specialist
Health Visitor**

<https://www.bbc.co.uk/tiny-happy-people/articles/z632kty>

Feeding Baby:

“Chatting to [the birthing parent] while [they] feed and helping with winding your baby are easy ways to get involved.”

BBC Tiny Happy People

<https://www.bbc.co.uk/tiny-happy-people/articles/zvmm7nb>

Bonding with Baby:

“Your baby thrives on eye contact, being held close, seeing faces and hearing voices,”

**Inge Nickell, Brazelton Centre
UK**

<https://www.bbc.co.uk/tiny-happy-people/articles/zp3bf82>

Any parent or person pursuing parenthood can experience difficulties in this time of transition.

(Howat et al., 2022)

**BBC Tiny Happy
People**

[bbc.co.uk/tinyhappypeople](https://www.bbc.co.uk/tinyhappypeople)



What do professionals think?

“ Partners don't always feel included or able to ask for support, as it can feel like the birthing parent is the one who should be receiving support.

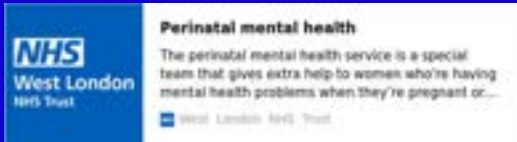
“ A lot of partners can feel invisible and we want to acknowledge and highlight them in the system and the family.

“ Becoming a new parent, especially when the birthing parent is unwell, can be an extremely stressful period of transition.

“ Non- birthing parents may have emotional challenges at different times from birthing parents so we want to reassure them that they can come back for support at any time.



SIGNPOSTING



HFEH Mind Services

Perinatal Partner's Service

HFEH Mind has partnered with the West London NHS Perinatal Mental Health Team to offer wellbeing support and advice to partners of women under their care.

Safe Space

A local hub run by staffroom HFEH Mind, for anyone who feels they are nearing crisis point, including carers. Open from 3-7pm 7 days a week.

Supported Self-Help

The Supported Self-Help Programme is a 6-session programme that aims to give you the skills to understand, protect and improve your mental health.

Wellbeing West London

An online directory in partnership with West London Trust listing all services that support wellbeing.

Compass

Advice service supporting Adults 18+ to navigate social issues (housing, benefits & debt) in H&F and Hounslow.

Advocacy

Providing Independent Mental Health Advocates in Ealing, and Community Advocacy support for care and treatment.

Ealing Advice Service

A generalist advice service for residents in Ealing.

Other Services

Home-Start

Expert staff and trained volunteers who work alongside families and give non-judgmental and confidential support.

LGBT Mummies

Provides resources, support groups and services for LGBTQ+ mums and parents.

La Leche League

Information for trans and non-binary parents about breastfeeding or chestfeeding. Over the phone support or online groups.

New Family Social

Support for adopters and/or fosterers, LGBTQ+ parents and carers.

Pink Families

Provide useful and credible information primarily for LGBTQ+ families.

PANDAS Foundation

Postnatal depression support for parents, via a helpline, email, social media, WhatsApp and support groups in person and online.

Best Beginnings

A parenting charity that informs and empowers parents and other care-givers of all backgrounds to build the knowledge and confidence they need to look after themselves and to provide nurturing care for their children.

The Lullaby Trust

The Lullaby Trust raises awareness of sudden infant death syndrome (SIDS), provides expert advice on safer sleep for babies and offers emotional support for bereaved families

Talking Therapies

Offers talking therapies to help with common problems like stress, anxiety, and depression.

Perinatal Partner's Service

The next steps:

If you think we can offer you any support, even if it's just a chat, we can get in touch with you within three working days.

Please ask the mother's perinatal professional to refer you to us OR contact our support worker directly via:

Phone: 07355679450 (please leave a message)

Email: helena.stewart@hfehmind.org.uk



To access Mental Health and Wellbeing Support for Non-Birthing Parents...

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