Our *mission*

- Enhancing the relationship between baby and caregivers
- Partnering with communities to provide specialist infant-parent psychotherapy
- Integrating services to become better equipped for babies in the first 1001 days of life

'We're intervening not just for this generation, but the generations to come.'

Dr Yvonne Osafo, in *New Psychotherapist* (UKCP), 2021, page 27

1001
days from pregnancy to age two, when early relationships take shape

Free
for eligible families on low incomes

5
South West London boroughs

48 hrs
to reply when you get in touch

Au Milieu
INFANT-PARENT PSYCHOTHERAPY

Enquire *today*

CONTACT	The Au Milieu team
EMAIL	team@au-milieu.org
PHONE	07764 236676
WEB	au-milieu.org

Au Milieu means 'in the midst'. We provide therapeutic support for babies and their caregivers in the midst of the family, so that parents develop the best possible relationship with their baby.

Our services are free for low-income, high-risk parents-to-be and parents of babies up to 24 months: the first 1001 critical days of life.

Refer a family
Scan to read more and download the referral form.

SUPPORTED BY THE WINSTON CHURCHILL MEMORIAL TRUST

Au Milieu CIO is a charitable incorporated organisation, registered charity number 1203902.

Au Milieu
INFANT-PARENT PSYCHOTHERAPY

INFANT-PARENT RELATIONSHIP TEAM

Because your relationship with *baby matters*

Free, specialist infant-parent psychotherapy for families in South West London.

WHAT WE OFFER

We *provide*

- **Infant-parent psychotherapy**, to help parents have the best possible relationship with their baby
- **Training and supervision** for professionals working with babies up to 24 months, to help them identify which babies to refer to us
- **Video Interaction Guidance** (VIG)
- **Attachment-informed therapy** for fostered and adopted children

FOR PROFESSIONALS

Specialise with our two-year **Postgraduate Diploma in Infant-Parent Psychotherapy**, or join a half-day **CPD seminar**.

au-milieu.org/diploma

OUR APPROACH

How we *work*

- In collaboration with the multidisciplinary network around the family, to provide a warm, safe setting for infant-parent psychotherapy
- In the home, online and in community settings such as children's centres, hospitals and voluntary sector services
- Our service is led by the needs of each parent
- All our practitioners work to the same principles and approaches
- We use validated tools and measures to capture the impact of our work

REFERRALS

Who can be *referred?*

Anyone with concerns about the infant-parent relationship, mainly low-income, high-risk families and families from ethnic minority groups, including:

- Care leavers
- Survivors of domestic abuse, once no longer in the abusive relationship
- Parents who have been dependent on drugs or alcohol and are receiving help
- Parents with poor mental health, such as postnatal depression, anxiety, OCD or PTSD, including birth trauma
- Premature or very low birth weight babies

Babies must be under 24 months. Families must live in Merton, Sutton, Wandsworth, Kingston or Richmond.

To refer, email the referral form to **team@au-milieu.org**. Download it at au-milieu.org/get-support. We reply within 48 hours.