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**

Au Milieu means ‘in the midst’. We work with parents-to-be and parents of babies up to 24 months old, in the midst of their family and community, so that parents develop the best possible relationship with their baby.

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

Our support is **free** for eligible families on low incomes in Merton, Sutton, Wandsworth, Kingston and Richmond.

Get support
Scan to find out more about getting support for you and your baby.

SUPPORTED BY THE WINSTON CHURCHILL MEMORIAL TRUST

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

Au Milieu
INFANT-PARENT PSYCHOTHERAPY

FOR PARENTS AND CARERS

Your relationship with baby *comes first*

Free, confidential support for you and your baby, from pregnancy until your baby turns two.

WHAT WE DO

We are *here to*

- Give you a safe, confidential place to meet each week and explore your relationship with your baby
- Include your baby in sessions, by talking, playing and understanding their behaviour
- Work with the other professionals around you, such as your GP, health visitor, midwife or support worker, to strengthen your relationship with your baby
- Be respectful and non-judgemental
- Explore what is going well, not just what feels difficult

> *"I feel lighter now, like some of the feelings have been able to go out of me."*
>
> A mother we worked with

IS THIS FOR ME?

Who can be *referred?*

Caring for a new baby can be challenging as well as exciting. It can be hard to ask for help, or to find the right help when you need it.

If things in the past, present or future are putting stress on your family, this can affect how you feel about your baby, your experience of being a parent, and your growing relationship.

We can offer support if you are:

- Worried about your baby's wellbeing and development
- Struggling to bond with your baby, during or after pregnancy
- Looking after a premature, very low birth weight or unwell baby
- Feeling overwhelmed, isolated or misunderstood as a parent
- Recovering from birth trauma
- Coping with mental health difficulties
- Facing social or money worries

GETTING IN TOUCH

What *next?*

If you're worried about your baby and would like support with your relationship, you can get in touch with us directly.

EMAIL team@au-milieu.org

CALL the Au Milieu team on 07764 236676

Or speak to your GP, health visitor or midwife, who can refer you.

Someone from our team will be in touch to talk about sessions and get to know your situation.

Who will I see? You will always be seen by a qualified professional, but not always a fully qualified infant-parent psychotherapist. Usually this is a trainee building their clinical hours under close supervision from our senior clinicians.

Need help urgently? We are not an emergency service. If you or your baby are in immediate danger, call 999. For urgent mental health support, call NHS 111 and choose the mental health option.