

For further information, please contact:

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Action for Children helps the most vulnerable children and young people in Scotland break through injustice, deprivation and inequality, so they can achieve their full potential.

Action for Children, whose registered address is at 3 The Boulevard, Ascot Road, Watford WD18 8AG and registered as a charitable company limited by guarantee in England & Wales under number 4764232. Registered charity numbers 1097940/SCO38092.

## Confidentiality

Service User's information is treated as confidential within the project and will only be shared with the knowledge and permission of the service user except when a child or vulnerable person is at risk.

## Equality & Diversity

We respect differences in ethnic origin, gender, religion, sexuality, culture and language both as an employer and service provider.

We will endeavour to communicate in people's first language and will ensure participation of those with disabilities.

## Participation

Children, Young people and their families will be included in meetings and reviews about the progress they are making, and their views will be sought before any decisions are made.

They will be asked for their views about the service they are receiving.

They will be encouraged to assist in the shaping and developing of the service.

## Comments / Complaints

If you have any problems or concerns regarding the service, please speak to a member of staff. Any problems or concerns will be dealt with promptly.



# BLUEPRINTS



## Perinatal and Infant Mental Health Service

INSPIRING SCOTLAND



Being a parent can be a wonderful experience however it can also be very difficult, challenging and exhausting. For expectant mums, dads and families there can be many changes and so much to learn. Even

once the baby has been welcomed into the world and is growing rapidly into a little person it can be exciting and overwhelming at the same time.

- Who will they look like?
- How do I play with my baby?
- Why are they crying?
- How do I connect with them?

It is important to know you are not alone in your confusion and questioning. One in 5 mums and one in 10 dads may experience mental and emotional wellbeing challenges. Taking care of your own health and wellbeing not only helps you but it also helps your baby to grow and reach their best possible outcome in life.



### Who we are...

Blueprints are a welcoming team of Action for Children staff and volunteers who work with expectant mums, dads, families and their babies up till they are 3 years old.

We work alongside parents to build their confidence, helping parents through pregnancy, birth and into infant stages.



### What we do...

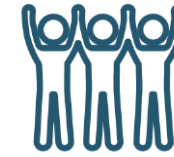
We support and empower parents and families by giving them emotional support, parental support and help to restore a positive mental and emotional wellbeing.

We provide emotional and practical support and we aim to leave families with tools to move forward and manage their own unique situation.

These tools will bolster parents confidence to effectively nurture and interact with their child giving both the best chance of an improved future. The tools give them positive behaviour strategies, guidance on sleep patterns and healthy sleep, build routines and develop their understanding of child development.

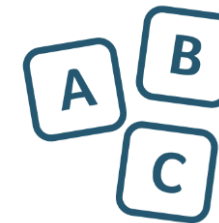
These all strengthen parent and child relationships to improve baby development and baby and mother attachment.

### How we do it...



- Peer support through our Peer Volunteer Programme

Group work where parents can meet others in the same position as them, and overcome the stigma that some parents face.



- Play and learn sessions – Informal groups for parents/carers and babies and toddlers.

- One-to-one support with our Action for Children staff.



- Parenting programmes in a relaxed and fun atmosphere



- Advice and information about service and opportunities available to mums, dads, partners and families.