



# Step2 Under 5's Offer

## Criteria:

The family must have already engaged with services through a universal level intervention such as a **parenting course** or **one to one work with a nursery nurse, health visitor or family centre outreach worker**. The intervention should be **specific to the presenting difficulty** and **adjustments have been implemented and consistently carried out for several weeks**.

- Parents/carers who **feel their infant/child doesn't like them**.
- Parent/carer who is **lacking confidence in their own parenting**.
- Parent/carer who **shares they struggle to enjoy their child**.
- Parent who has **experienced a traumatic birth** and has **ongoing difficulties with their own mental health**.
- Parent/carer who **appears to not be emotionally available**, for their child i.e. they are not responding to their child's needs in a sensitive way (or believe their child 'is the problem').
- Where there is **past domestic abuse**, and the **parent/carer sees the perpetrator in their child's behaviours**.
- Alongside the above factors, where a parent is open to thinking about what they are doing, and not yet doing that is helping their child with their emotions.
- **Emotional difficulties** e.g. being withdrawn, clingy, anxious, overly fearful of ordinary situations, displaying ritualistic behaviours.
- **Difficulties in emotional and behavioural regulation** e.g. Emotional lability, frequent severe emotional outbursts, defiance, aggressive and or destructive behaviour, being fidgety, lacking concentration, impulsivity, attempts to control their parent or others (**not in the context of an unmet neurodevelopmental need**).
- Difficulties in self-regulation such as toileting, feeding and sleeping. **In such cases organic causes need to be ruled out prior to referring to Step2.**



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## Interventions we offer:

- **Video Interaction Guidance** – supports building on the positive aspects of the relationship between a parent/carer and infant/child
- **Video Feedback Intervention to Promote Positive Parenting and Sensitive Discipline (VIPP-SD)** – relationship-based intervention supporting the parent/carer to see the world through their child's eyes
- **Circle of Security Parenting (COS-P)** – attachment focused parent/carer only intervention to support the parent/carer in understanding their child's emotional world by learning about their child's emotional needs
- **1:1 anxiety management** – intervention is done with child and parent/carer

## For parents with infants up to 18 months:

- Baby massage
- Newborn parent observation screening and maternal wellbeing visits/listening visits
- Family Centre Support

## For parents with children from 18 months to 5 years old

- A robust behavioural intervention accessed from either health visitor, nursery nurse, parenting course, Family Centres, Family Support Worker
- Art/Play therapy