



Lambeth Early Action Partnership

Together Time

Parent and baby group



What is the group for?

The relationship between you and your baby is very important for their development. Like all relationships this requires work and time. We understand that there might be things that get in way of this.

Together Time is a group where you can be with your baby, explore and understand your relationship, and share feelings and experiences with other parents.

Together Time will help you to:

- Strengthen your relationship with your baby
- Be with and observe your baby in the 'here and now'
- Explore your baby's thoughts, feelings and behaviour in a mindful way
- Discuss your experience of your child's play and interaction.

What is the group like?

The group runs over six sessions. Each session lasts for one and a half hours. Six to eight other parents and their babies will be in the group.

The group is:

- A relaxed and comfortable environment, with toys and songs for your baby, and drinks and snacks for you
- An opportunity to meet other parents with babies and discuss your experiences of parenting

- A chance to learn about '**Watch Me Play**', a technique to help you observe and understand your baby better
- Run by trained professionals from the Parent and Infant Relationship Service (PAIRS).

How can I take part?

The group is for parents with a baby aged between 3 and 8 months old. You can be referred by any professional that might be supporting you, for example a health visitor, family worker, stay and play worker or social worker. Or you can get in touch yourself to sign up, using the contact details below.

Once you're referred, someone from our team will contact you to tell you more about the group and answer any questions that you might have. If you decide that you would like to go ahead with the group, they will ask a little bit about you and your baby as a way of getting to know you.

Where and when is the group?

Our groups run every term at local children's centres. They will be advertised through the children's centre programme.

Contact the team



07718 251099 or 07740 421626



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