

A close-up photograph of a baby's face, showing the eyes, nose, and mouth. The baby has dark eyes and a slightly open mouth. The background is dark and out of focus.

Little Minds Matter

Bradford Infant Mental
Health Service

“I am grateful and happy I was referred to Little Minds Matter. Thank you so much for all your help and support and believing in me and helping me to build a bond with Ayesha*”

* Pseudonym to protect anonymity



Little Minds Matter
Bradford Infant Mental Health Service

NHS

Bradford District Care
NHS Foundation Trust

Little Minds Matter

Bradford Infant Mental Health Service

The Little Minds Matter (LMM) team can help you to:

- Explore the challenges that having a new baby can bring
- Think about your relationship with your baby
- Support you to play with and talk to your baby
- Talk through concerns you may have about your baby
- Consider the thoughts and experiences of your baby
- Think about how your previous experiences are affecting you now
- Build your enjoyment and confidence in being a parent

We work with parents who have **infants under 2** as well as those who are **pregnant** in the **Better Start Bradford** areas of Bowling and Barkerend, Bradford Moor and Little Horton

01274 251298

www.bdct.nhs.uk/services/little-minds-matter

