



Who do we see? continued....

- The young child may have difficulties in toilet training.
- Parents may feel their baby or young child is unusually quiet and shy, and so difficult to understand and build a relationship with.
- The young child is having difficulty with frequent temper tantrums and challenging behavior.
- The young child's behavior may have changed following the birth of a new baby in the family or may be struggling with sibling relationships.
- The young child is experiencing separation problems and difficulties with anxiety.
- The baby or young child is suffering with issues connected to loss such as parental divorce or a bereavement.
- The young child may be presenting with phobias, leading to high levels of anxiety. The infant or young child may have developmental problems which are placing emotional strain on the parents/ carers.
- The baby or young child may be a Looked After Child and have experienced abuse and/or have attachment issues.

How can I contact the team?

For more information, call the team on:

- Walsall – 01922 607 400
- Dudley – 01384 324 689

How to refer?

Referrals to the Under 5s Clinic can be made by GPs, Paediatricians, Qualified Social Workers and Local Services such as NHS Child Assessment Unit or Children's Services/ LAC Teams.

We may ask for further information from parents/ carers following a referral before we discuss the referral in our monthly team meetings. Parents/Carers will then be contacted directly and offered an appointment.

We may offer an initial meeting with social worker/ carers if a young child is a Looked After Child. We will inform referrers

Any enquiries please contact: Under 5s Lead or secretary for the Under 5s Clinic, on the above telephone number

If you require this leaflet in another language or format such as large print, braille or easy read please contact the communications team on 01384 325022 or email communication@dwmh.nhs.uk.

Leaflet Control

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Child and Adolescent Mental Health Service CAMHS

Under 5s (Pre-school) Clinic



*Families come in all shapes
and sizes*



Under 5s (Pre-school) Clinic

The Under 5s Clinic aims to provide support to families with infants and pre-school children. The focus of the Clinic will be to help parents think with a CAMHS (Child & Adolescent Mental Health Services) clinician about the problems their baby or young child is experiencing and how this impacts on the relationships between the child and parents/carers. The focus may be on the child's emotional and psychological development as well as the parents' history and their own issues that might be having an impact on their relationship with their baby or young child. The hope is that by thinking together about these concerns that a possibility for change may develop, to allow an increased understanding and improve family relationships.

The Under 5s Clinic bases its thinking on psychoanalytic theory and attachment theory, and an understanding of the importance of early developmental stages in the early years. The belief is that infants and children's behavior is a way of communicating need or emotional distress or anxiety. Sometimes the child may have had difficult life experiences and they may need help processing these. If we can understand the meaning of the behavior and hear the infant/young child, who often expresses itself through sounds/words, actions/behavior and play with a range of appropriately developmental toys in the sessions, then we believe that this can help to alleviate the behavior which is causing

problems for the infant/child and their family/carers.

Who Are We?

The Under 5s Clinic is a service within Dudley CAMHS (Child & Adolescent Mental Health Services) which is led by the Child & Adolescent Psychotherapist. We are a multi-disciplinary team of CAMHS clinicians including trainee and qualified child & adolescent psychotherapists, psychologists, occupational therapists, nurses and psychiatrists. We are based in the NHS Elms Health Centre.

How do we help?

We offer an initial choice appointment lasting 50 minutes with the child and parent/carers. In this initial appointment we hear about the referral and the presenting difficulties, meet the infant/young child and hear from the family what kind of help they think they may need. We decide together if the Under 5s Clinic is an appropriate service for the infant/young child and their parents. For example, the Under 5s Clinic is not an assessment or diagnostic service, and it is not a parenting training programme.

If we decide to offer a piece of work with the family, we will offer 5 weekly sessions at the same time each week. We will mainly work with the baby/young child and parents/carers but often we may meet for a session or two with the parents/carers by themselves, if there are aspects of the parents' relationship or

upsetting experiences that it is easier to talk about without the child being present.

We will have a review meeting with parents/carers after 6 sessions in order to decide if further input is needed or not.

Who do we see?

The Under 5s Clinic in Dudley CAMHS is a pre-school service. We offer help to parents with babies, toddlers and young children of pre-school age. We help children with the following issues:

- Mother has been depressed during the pregnancy and following the birth of her baby and subsequently may feel that she is not getting on well with her baby/toddler.
- The baby may have suffered a premature or traumatic birth and this has had an impact on the baby and its parents.
- The baby/young child may be experiencing sleep problems.
- The baby may have difficulties in weaning.
- Parents may be concerned the baby/young child is not eating properly and has a difficult relationship with food.
- Parents may be concerned their baby/young child is extremely fussy or restless and difficult to comfort.