



Are You Worried About:

- Feeling depressed or anxious?
- Difficulty reading your baby's cues?
- Bonding with your infant?

Your Baby:

- Problems with sleeping, feeding, or excessive crying
- Displaying very little emotion
- Showing little interest in sights, sounds or touch
- Rejecting or avoiding being touched or held
- Unusually hard to soothe or console
- Unable to comfort or calm self
- Extremely fearful or on-guard
- Not turning to familiar adults for comfort or help
- Exhibiting sudden behavioral changes

Your Toddler:

- Not playing with others or objects
- Absence of language or communication
- Frequently fighting with others
- Unusually sad, fearful, or withdrawn
- Responds inappropriately to situations (e.g., laughs instead of cries)
- Extremely active
- Loss of earlier skills (e.g., toileting, language, motor)
- Sudden behavior changes
- Destructive to self and/or others

Brooklyn Counseling Services and Brooklyn Women's Services provide psychological counseling services and women's healthcare services.

Our staff of doctors, social workers and psychiatrists are trained professionals who are licensed by New York State.

Locations

Bay Ridge:

9201 Fourth Avenue, Brooklyn, NY 11209

Brooklyn Heights:

26 Court Street, Brooklyn, NY 11242

Staten Island:

2205 Hylan Blvd., Staten Island, NY 10306

Dyker Heights:

7701 13th Avenue, Brooklyn, NY 11228

Online Counseling:

www.bcs-talk.com

t: 718 232 8600

e: appointments@bcznygroup.com

www.bcsnygroup.com

Office Hours: by appointment only

Monday -Thursday: **9am - 9pm**

Friday: **10am - 4pm**

Saturday: **9am - 4pm**



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Parent-Infant Therapy

Sometimes mothers feel overwhelmed or have concerns about their baby. Other times it can seem as if the baby is struggling or there may be concerns about the baby's development. When a problem arises for the mother or baby, it's often helpful to address it by working with the two together.





How does Parent-Infant Therapy work?

Parent-Infant Therapy is a relationship based treatment modality for infants and young children based on the extensive knowledge about infant mental health, parent-infant research, and understanding of how relationships are established.

It aims to restore a good-enough relationship that enables young children to resume their developmental growth and re-establish parental well being.

Parents and their infants are going through a momentous process of change in early development and are often more open at this time, which gives us a unique window to offer support and if needed, tools to explore and work on areas where you feel unsure.

In Parent-Infant Therapy, questions, worries and concerns are raised and addressed by focusing on the interaction between parent and baby. This interaction goes on largely nonverbally. The parent-infant therapist is trained to pick up nuances of the relationship and put them into words, so the infant and parent can develop or continue to develop a healthy attachment.

Most sessions in Parent-Infant Therapy meet with both the parents and the baby in the therapist's room. By the baby attending the treatment, dynamic changes--observation, here and now work. Sometimes a consultation or two is enough to promote change.

Sessions focus on, but are not limited to: the developing sense of self and self-esteem, sleeping, pacifiers, transitional objects, stranger anxiety, separation, tantrumming, how to say, "no" and what to do when your child says, "no," teaching your child to delay gratification, discipline, toilet training, and peer and sibling relationships.

Our goal is to increase confidence in your role and help you and your child embark on a more harmonious path.