

FAQs



Is it really every week?

- No! Everyone goes on holiday, gets ill, and life happens. We aim for weekly/ around 35hrs in the year and take it from there.

My place is a mess, I can't have visitors.

- Mine too! I'm not there to judge your lifestyle or assess how 'well' you're doing as a parent. You're doing just fine.

Do you take notes?

- No. That would be weird for everyone and it really isn't an assessment.

This is too much to think about right now.

- I get it. Parenting is really hard. Having an hour a week to be at home (with the option to just quietly observe your baby) can be a vital anchor, lifeline, and downtime. You can also get on with other tasks while I'm there.

How old can Baby be?

- The first visit can take place any time before Baby turns 5 weeks old.

I'm interested but not sure. Can we just have a chat?

- Yes! Let's talk, find out if it's for you, and if not that's ok.

Where should families be living?

- I'm London-based so looking for a family there. The closer to SE24 the better but anywhere up to Zone 6 works.

How long is this for?

- Between 1 & 2 years to develop a meaningful understanding of early child development.

This is such a rewarding experience for everyone. I hope to hear from you.

Email Sophie@indialogue.co

Mobile 07779663670

HELLO MUMS & Mums to Be



CAN YOU HELP?

I'm Sophie, mum and trainee child psychotherapist looking for a new or expectant family to participate in an Infant Observation.

What's involved?

- A weekly 1-hour visit to your home (**London**-based, c. 35 hrs per yr)
- Observing Baby develop and interact with their world
- Compassion & stillness during a time of change
- No therapy or assessments of family life

Many parents find these visits joyful and rewarding and I will be a supportive, gentle presence in your home.

> Enhanced DBS check
> References available
> 15 years as children's singing teacher
> 10 years coaching mums returning to work

I'd love to hear from you and answer your questions. Whether you or someone you know might be interested, do get in touch with no obligation to participate.

Email to Sophie@indialogue.co
Text/ Call/ WhatsApp 07779663670

Thanks for reading. This is a vital part of training to support better outcomes for children in need.

Training Organisation The Institute for Arts in Therapy & Education
Working towards BACP and UKCP Registration

