The relationship between parents and infants lays the foundation for a child’s lifelong emotional and behavioral well-being.

Difficult pregnancies or deliveries, family stresses, the baby’s personality, and other factors can make it challenging for families to build strong relationships with a new baby.

The Parenting in Postpartum (PIP) Wellness Program team helps parents and infants create strong, joyful bonds. This gives children the healthy start they need in their development.

CONTACT US
If you are interested in our program or would like additional information, please call the Psychiatry Appointment Call Center at the number below and ask for the PIP Wellness Program.

1-800-525-5188 or 734-764-0231
www.psych.med.umich.edu/wmh

Women and Infants Mental Health Clinic
University of Michigan
4250 Plymouth Road
Ann Arbor, MI 48109
HOW CAN WE HELP YOU?

The PIP Wellness Program is available to parents who may benefit from support and guidance during the first year of their child's life.

Parents who may find the program helpful are those who:

• Are feeling anxious, depressed, or overwhelmed.
• Have experienced stressful changes or traumatic events.
• Want to learn more about their baby's development.
• Have infants who are struggling with feeding, sleeping, or excessive crying.
• Have infants with developmental concerns or illness.

If any of these describe you, and you want to strengthen your relationship with your infant, the program may be right for you.

HOW DOES THE PROGRAM WORK?

Parents and their infants will meet with PIP Program staff at the Rachel Upjohn Building for two to four sessions. These sessions are usually scheduled in back-to-back weeks.

In the first session, you will be interviewed with your baby present. This gives us the chance to hear your concerns about parenting and lets us get to know your baby.

Following the interview, we will often videotape you and your child playing together and participating in a variety of tasks. This will help us learn more about how your baby responds to different situations and experiences.

In the next sessions, you and the team review the videotape. Together, we will come up with ideas for the best ways to provide you with the resources and support you need as a parent.

After these sessions, families may be referred for further support as needed.

WHO IS THE PIP TEAM?

PIP Program staff are experts in early child development. They are trained in psychology, psychiatry, social work, nursing, and other fields.

The team uses proven methods to evaluate family strengths and challenges and the ways parents and babies interact. They provide families with support and resources needed to help parents make lasting and nurturing bonds with their children.