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Kolaiti, Christina (2023) The Teddy Bear
Cabinet: Please Mind The Gap. [Show/Exhibition]

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The Teddy Bear Cabinet: Please Mind the Gap

ART EXHIBITION // TYNE AND WEAR METRO // 5-18 JUNE 2023

Christina Kolaiti

Infant
Mental Health
Awareness
Week

12-18 JUNE 2023



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ACP
Association of Child
Psychotherapists

EST. 2020
COSLEEPY
CO-SLEEP WITH CONFIDENCE

Institute of
Child Psychology

nurture
neuroscience
A COMMITMENT TO EARLY CHILDHOOD INTERVENTION

Parent-Infant
FOUNDATION

raised
good



@the_teddy_bear_cabinet

The Teddy Bear Cabinet: *Please Mind the Gap* is an arts and wellbeing project, which uses photography to communicate the importance of early attachment in infant mental health.

Please Mind the Gap responds to the Parent-Infant Foundation's pledge to raise awareness of a 'baby blind spot' in the UK's mental health provision by highlighting the positive impact of nurturing before birth and during the early years of life.

The project took place as an on-board art exhibition hosted on the Tyne and Wear Metro, in the form of carriage cards during Infant Mental Health Week (IMHAW) 12-18 June 2023. The artworks were positioned facing the buggy area on the carriages, so that they are in easy view for parents and carers on the trains.

This project uses the curation of visual art on public transport to engage a diverse parental demographic with evolutionary science behind infant mental health, with a view of contributing positively to the lives of new mothers, carers, infants, and families. The carriage cards feature handcrafted teddy bears made from baby clothes, alongside quotes from a range of experts in the fields of developmental psychology and parenting research.

This project was led by Dr Christina Kolaiti Senior Lecturer in Photography at York St John University in collaboration with The Parent-Infant Foundation, The Association of Child Psychotherapists, The Institute of Child Psychology and has also invited contributions such as Tracy Gillett @RaisedGood, Dr Greer Kirshenbaum @NurtureNeuroscienceParenting and Tiffany Belanger @Cosleepy.

The project has been supported by York St John University's Quality Research and Institute for Social Justice Funding.

Infant Mental Health Awareness Week

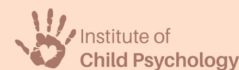
12-18 JUNE 2023



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A MOVEMENT TO REVOLUTIONIZE MENTAL HEALTH

Calendar

Here is a calendar of some of the main events taking place as part of IMHAW this year. Keep an eye on this page and on [Twitter](#) for more details and updates.

DATE	EVENT
Throughout the week (12-18 June)	The Teddy Bear Cabinet: Please Mind The Gap. Art exhibition on Tyne and Wear Metro. Further details: https://www.yorks.ac.uk/news/2023/metro-art-exhibition/metro-art-exhibition.php Blackpool Better Start Baby Week – Community Baby Shower events. Taking place throughout the week at venues across Blackpool. Register here: https://docs.google.com/forms/d/e/1FAIpQLSd2aoTijfJC4znKeLI7awFqn-_Kf92pggUd5XxiURplLA/viewform
Monday 12th June	The Conception to Age Two All-Party Parliamentary Group (APPG) meeting – 3.15pm. Final programme TBC
Tuesday 13th June	Newcastle First 1001 Critical Days Think Tank Conference – Newcastle Civic Centre – 9:30am to 12:30am
Wednesday 14th June	Mind in Mind and the Parent-Infant Foundation presents 'LIVE 2023 Pregnancy Symposium: Strengthening Bonds, Advancing Equity and Promoting Emotional Well-Being for Infants and Caregivers' – 7.30pm – 9.30pm
Thursday 15th June	AIMH UK's Conference: <i>Bonding Before Birth: Approaches for Supporting Early Parent Baby Relationships</i> – 9:00am to 12:30pm
Friday 16th June	Dorset Parent Infant Partnership 'DorPIP' drop-in event at the regular Baby and Toddler group in West Dorset. Further details: https://www.dorpip.org.uk
Monday 19th June	IHV's PIMH Conference 2023: <i>Coming Together: Belong, Believe, Be Curious</i>

To add activities to this calendar please email imhaw@parentinfantfoundation.org.uk.



Infant Mental Health Awareness Week 12th-18th June 2023



IMHAW 2023 Bonding Before Birth

Infant Mental Health Awareness Week is taking place this week, from the 12th-18th June 2023, on the theme of 'Bonding Before Birth'.





Did you know that you can connect
with your baby before birth?
Ask your midwife for advice on
how you can build this relationship.

Parent-Infant Foundation



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Nurturing experience from birth to age three is the most powerful way to develop a healthy, resilient brain.

Dr Greer Kirshenbaum, founder of Nurture Neuroscience



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Co-regulation is crucial in calming a baby: Deep breathing. Rocking. Soft face.

Institute of Child Psychology



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Do modern sleep training techniques feel completely foreign to you? Do you long to find a night-time parenting path that feels more aligned with your heart?

Tracy Gillett, founder of Raised Good



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When a baby cries, that is the only way they can talk to you and let you know that they need you.

Association of Child Psychotherapists



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Skin to skin contact bathes the infant brain and the parent brain in a nurture bath of oxytocin and dopamine.

Dr Greer Kirshenbaum, founder of Nurture Neuroscience



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Tantrums: Breathe, stay calm and validate their feelings. Stay close, don't leave them alone. Wait for it to pass.

Institute of Child Psychology



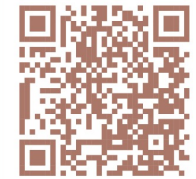
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What might they be thinking?
Follow your baby's cues to see
where they take you.

Association of Child Psychotherapists



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It's not about telling a child what to do.
What grows their brain is talking
with your child.

Institute of Child Psychology



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12-18 JUNE 2023



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Every new mum needs to know how to keep their baby safe in her bed, even if they don't plan on co-sleeping.

Tiffany Belanger, founder of Cosleepy



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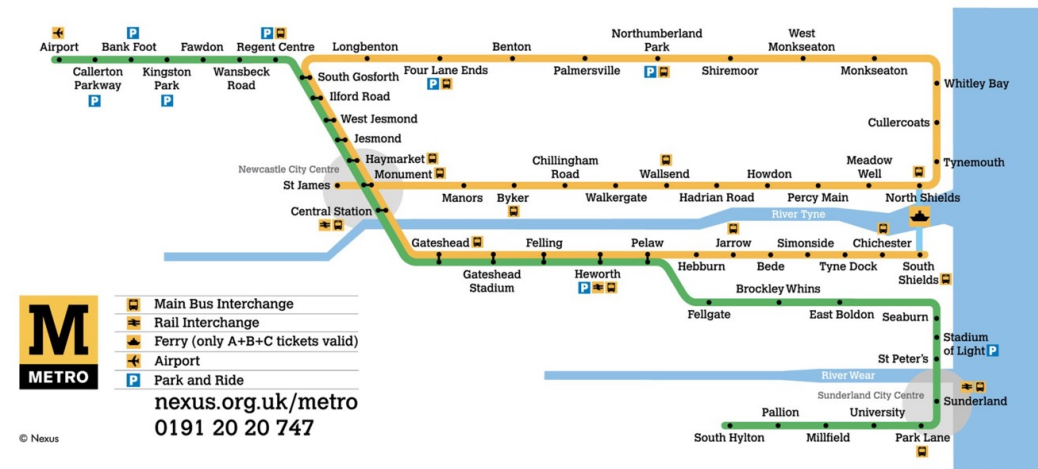
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my_metro 34w · ❤️ by author

This is a really great piece of art work on board our trains. Well done 🙌



2

Reply Hide





lu_blake_nco 35w · ❤️ by author

@the_teddy_bear_cabinet Love this Christina! What a beautiful way to encapsulate and display such meaningful messages surrounding infant and childhood ~ Laura (Team Raised Good) @raisedgood



franbe72 35w · ❤️ by author

This caught my eye on the metro yesterday. What a brilliant way to get the message across about mental health from an early age. love this ❤️



little_spanish_horse 35w · ❤️ by author

Such a great idea having information displayed like this in a friendly format and accessibly placed 🙌



Comments

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holhad5 35w · ❤️ by author
This is awesome ❤️

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loocyhr 35w · ❤️ by author
Love this 💕💕

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beingfuliyou_therapy 35w · ❤️ by author
What a wonderful idea. Love it 🇧🇪 🧸

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cosleepy 35w · ❤️ by author

So wonderful

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Reply to cosleepy...



teawithhoneyplease 35w · ❤️ by author



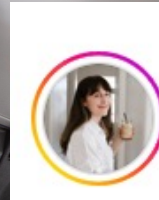




nurture_neuroscience_parenting  38w · 

by author

Such an important and beautiful project





cosleepy  38w ·  by author
Honored to be part of this!



Liked by [daniel_marston](#) and 13 others
[the_teddy_bear_cabinet](#) "Baby centred art travels with rail passengers across the North East" (Press release York St John University, 8 June 2023)

"Tamora Langley, Head of Policy and Communications at the Parent-Infant Foundation said: "Sensitive, nurturing relationships between parents and their babies are fundamental to emotional attachment and infant mental health. These relationships begin during pregnancy, but that is not widely understood or recognised.

"We hope exhibitions like this one help raise awareness of the importance of bonding with your baby before birth and the support available to help families who are struggling."

[#imhaw2023](#) [#infantmentalhealthawarenessweek](#)
[#parentinfantfoundation](#)[#first1000days](#) [#nurture](#)

15 June 2023



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News article

Baby centred art project travels with rail passengers around the North East

Published: 08 June 2023



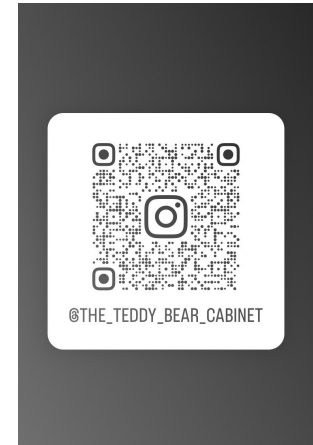
A new art project which offers thoughtful tips and information for new parents is coming directly to its audience on board Metro trains across the North East. Rail passengers will be treated to a series of artworks under the banner of The Teddy Bear Cabinet: Please Mind the Gap.

The images feature teddy bears made from baby clothes, alongside quotes and tips from a range of baby and parenting experts. The project was developed by Dr Christina Kolaiti, Senior Lecturer in Photography at York St John University in collaboration with The Parent-Infant Foundation, The Association of Child Psychotherapists, Cosleepy, Raised Good, Nurture Neuroscience and The Institute of Child Psychology.

The on-board exhibition takes place in the form of Metro Carriage Cards displayed on the Tyne and Wear Metro. They will be in place for the duration of Infant Mental Health Awareness Week (IMHAW) from 12 to 18 June 2023, with audiences able to experience it in between stations. The works will be positioned facing the buggy area on the carriages, so that they are in easy view for parents and carers on the trains.

The displays have a QR code which can be scanned to direct to online resources. It brings parenting expertise to the public in an accessible visual manner, from useful strategies of dealing with tantrums, to brain development and how to calm a baby.

Dr Christina Kolaiti, Senior Lecturer in Photography at York St John University said: "The Teddy Bear Cabinet started in 2021 with a series of 12 photographic portraits of Teddy bears made from keepsakes such as baby grows, baby blankets, pregnancy blankets given by 12 different mothers.



"Please Mind the Gap now responds to the Parent-Infant Foundation's pledge to raise awareness of a 'baby blind spot' in the UK's mental health provision by highlighting the positive impact of nurturing during the early years of the infant's life. This begins with 'Bonding Before Birth' which is the title of IMHAW's theme this year.

"The work represents narratives of new motherhood and early attachment, through photography. It aims to be informative and thought provoking, a reminder to consider the importance of babies' social and emotional development and maternal wellbeing."

Tamora Langley, Head of Policy and Communications at the Parent-Infant Foundation said: "Sensitive, nurturing relationships between parents and their babies are fundamental to emotional attachment and infant mental health. These relationships begin during pregnancy, but that is not widely understood or recognised.

"We hope exhibitions like this one help raise awareness of the importance of bonding with your baby before birth and the support available to help families who are struggling."

As well as the work on the Metro, a permanent exhibition of The Teddy Cabinet has just been installed at Northumbria Emergency Care Hospital in Cramlington, next to the Pregnancy Assessment Unit and Birthing Centre. This has been organised by Northumbria Healthcare NHS Foundation Trust's Bright Arts Charity.

Find out more on the Teddy Bear Cabinet Instagram page https://www.instagram.com/the_teddy_bear_cabinet/



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[Read more on how ICP's contribution will benefit audiences throughout the UK.](#)





NEXUS

Menu



Baby centred art project is showcased on Metro trains

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14 June 2023

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Tyne and Wear Metro

14 June at 15:40 · 🌐

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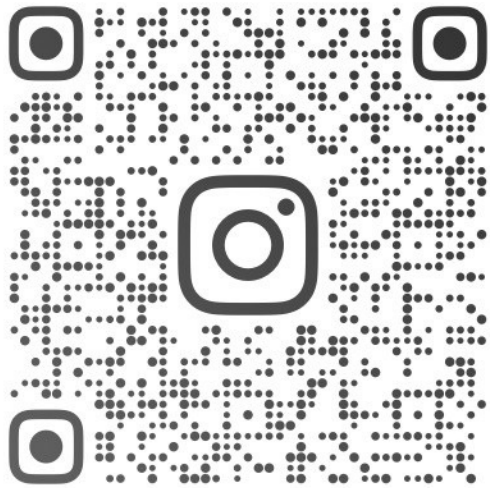
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Read more: <https://www.nexus.org/.../baby-centred-art-project...>



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my_metro 34w · ❤️ by author

This is a really great piece of art work on board our trains. Well done 🙌



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35 posts 90 followers 49 following

The Teddy Bear Cabinet

Dr Christina Kolaiti_PhD

Photographic narratives of new motherhood and early attachment.

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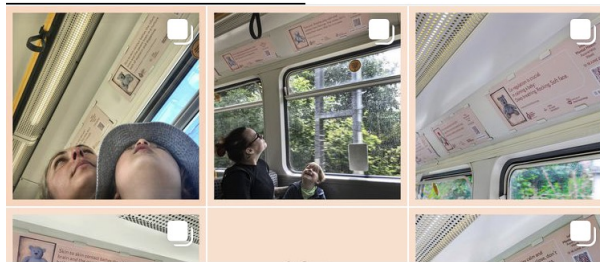
Press release



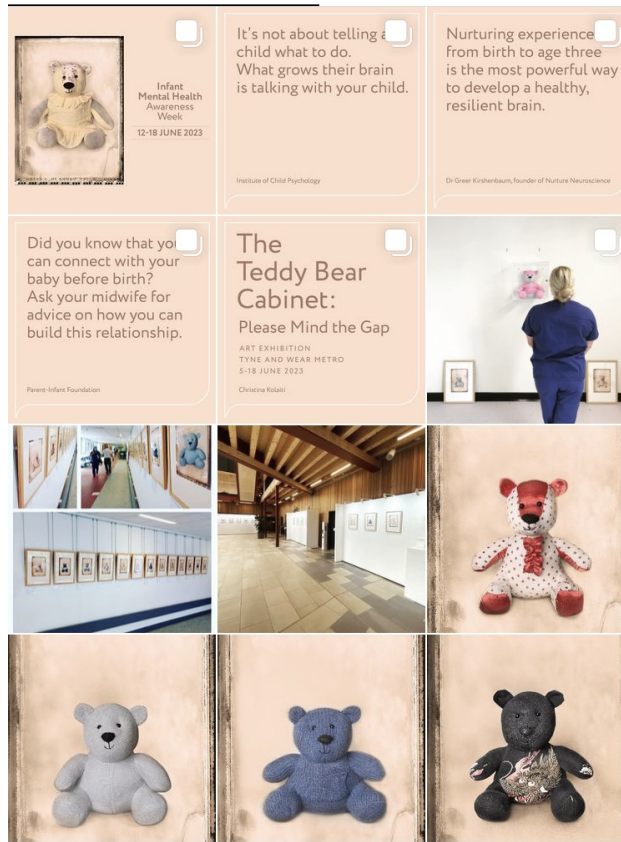
Highlights



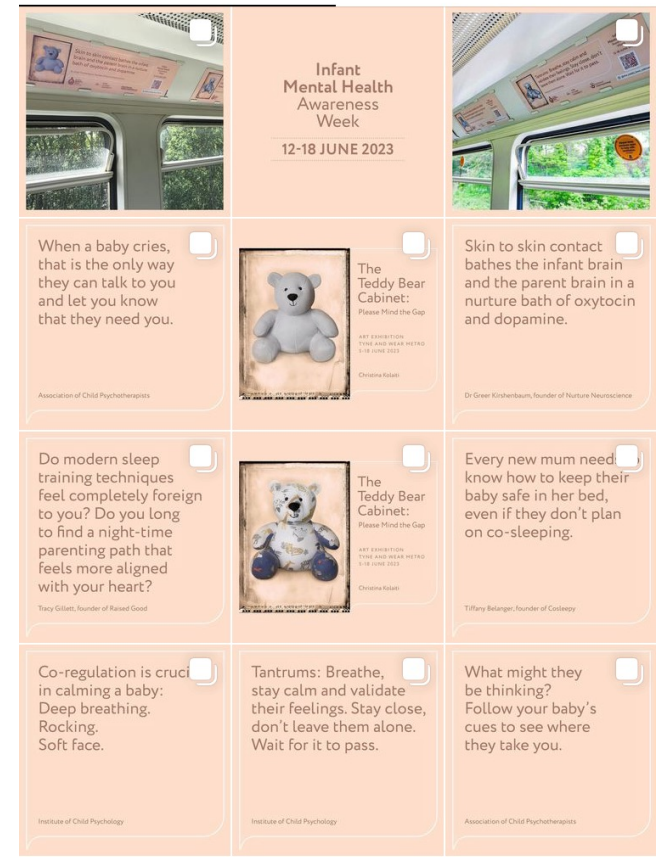
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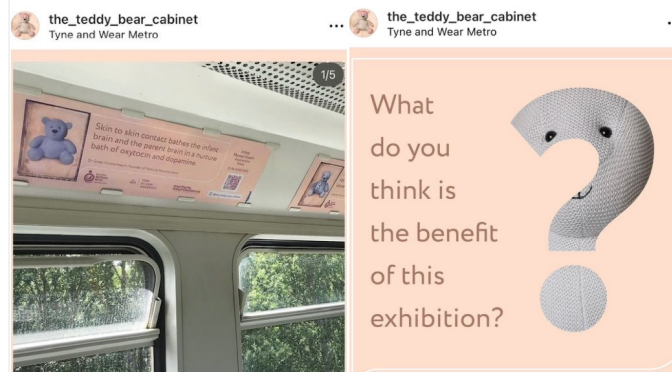


Lisa Marie Dawson · 1st

Account Manager for Global Media and Online Fitness Coach for Lisa D Fi...
1d · Edited · 🌐

It was a pleasure working with [Dr Christina Kolaiti](#) to help deliver her art project on the Tyne & Wear Metro. Her project 'The Teddy Bear Cabinet' that was funded by [York St. John University](#) coincides with Infant Mental Health Awareness Week. The aim is to speak to new mothers/parents via photographic narratives of early attachment. I'm sure you will agree these look amazing and deliver a very important message.

[#globalmedia](#) [#artproject](#) [#tyneandwearmetro](#)

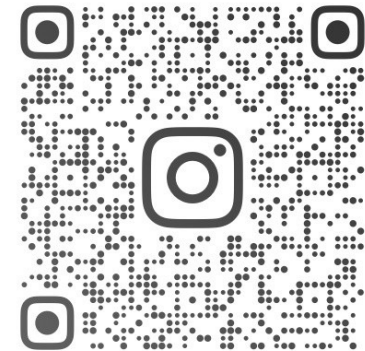


[nurture_neuroscience_parenting](#) How do we get it into all of the subways in major cities around the world 💜💜💜



cosleepy 🔒 34w · ❤️ by author

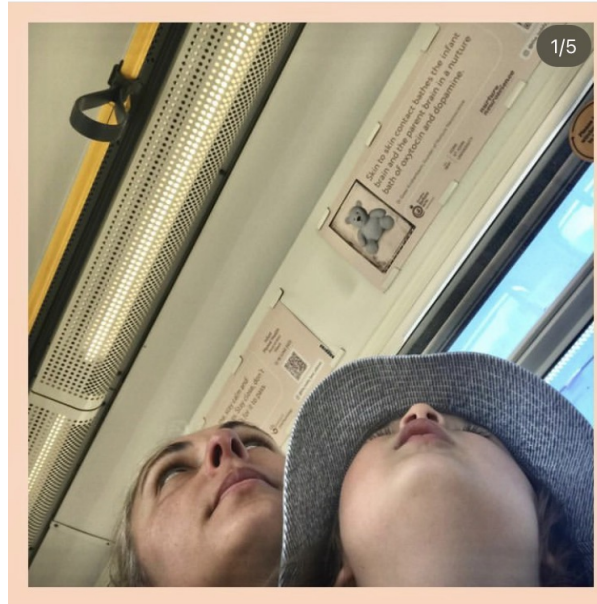
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the_teddy_bear_cabinet
Tyne and Wear Metro




Liked by **daniel_marston** and **12 others**

the_teddy_bear_cabinet Infant Mental Health Awareness Week IMHAW2023 is coming to an end. We will miss travelling with the Teddy Bear Cabinet on the Tyne and Wear Metro.

Infant Mental Health Awareness Week

12-18 JUNE 2023

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Posts

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I would like to express my gratitude to Lisa Dawson [@lisadaws_](#) for coordinating this incredible project on the Tyne and Wear Metro, York St John University for supporting this research and the wonderful experts who offered their knowledge on a wide range of topics relating to infant mental health: The Parent-Infant Foundation, The Association of Child Psychotherapists [@childpsychotherapists](#), The Institute of Child Psychology [@instituteofchildpsych](#) Dr Greer Kirshenbaum [@nurture_neuroscience_parenting](#) Tiffany Belanger [@cosleepy](#) and Tracy Gillet [@raisedgood](#)



[the_teddy_bear_cabinet](#)
Nsec Hospital, Cramlington.



The Teddy Bear Cabinet exhibition is currently on display at NSEC Hospital (details in stories).

[#imhaw2023](#) [#infantmentalhealthawarenessweek](#)
[#tyneandwearmetro](#) [#yorkstjohn](#)
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NSEC Hospital 18 June 2023



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