



PROMOTING HEALTHY ATTACHMENT PARENTS/BABIES

RANZCP CHILD2013
Melbourne, 2013
MACKAY, QUEENSLAND

PROMOTING HEALTHY ATTACHMENT PARENTS/BABIES

INTRODUCTION



PROMOTING HEALTHY ATTACHMENT PARENTS/BABIES

- SECURE RELATIONSHIPS WITH PARENTS/CARERS PROMOTE HEALTHIER AND HAPPIER CHILDREN
- HEALTHY CHILD DEVELOPMENT IS ONE OF THE KEY DETERMINANTS OF HEALTH AND RESILIENCE IN ADULTHOOD
- THROUGHOUT MACKAY BABIES WELCOMING CEREMONY OUR INFANTS WERE WELCOMED INTO THE COMMUNITY BY IMPROVING AWARENESS ABOUT THEIR WEL-BEING AND LOCAL RESOURCES



PROMOTING HEALTHY ATTACHMENT PARENTS/BABIES

- ATTACHMENT IS A SECURE AND EMOTIONAL LONG-LASTING RELATIONSHIP WITH PARENTS OR A MAIN CAREGIVER, IN ORDER TO FEEL SECURE, PROTECTED AND NURTURED
- BY IDENTIFYING THEIR NEEDS AND RESPONDING APPROPRIATELY TO THEM BABIES CAN GRADUALLY MAKE SENSE OF THEMSELVES AND THEIR ENVIRONMENT
- THESE EARLY EXPERIENCES HELP THE BABIES TO RECOGNIZE AND DEVELOP THE SOCIAL AND EMOTIONAL FEELINGS AND SKILLS NECESSARY FOR MAKING RELATIONSHIPS WITH OTHER PEOPLE
- ALSO, THEY LEARN TO REGULATE THEIR MOOD AND FRUSTRATIONS



PROMOTING HEALTHY ATTACHMENT PARENTS/BABIES

- RESEARCHES SUPPORT THAT THE KEY FACTOR IN RESILIENCE IS A SECURE ATTACHMENT
- RESILIENT PERSONS ARE BETTER EQUIPPED TO COPE WITH STRESS AND ADVERSITY
- THEY COULD RECOVER FASTER FROM TRAUMATIC EXPERIENCES
- THE ROLE OF ADULTS, WITHIN A FAMILY OR COMMUNITY NETWORK, CAN ASSIST CHILDREN TO DEVELOP FEELINGS OF SELF-WORTH AND BELONGING AND TO LEARN HOW TO MAINTAIN RELATIONSHIPS



PROMOTING HEALTHY ATTACHMENT PARENTS/BABIES

- ATTACHMENT AND BRAIN
- FIRST SYNAPSIS OBSERVED AT 23RD WEEK OF PREGNANCY
- NEWBORN BRAIN STARTS TO CREATE SYNAPSES SHAPED BY EARLY EXPERIENCES



Newborn



1 Month



9 Months



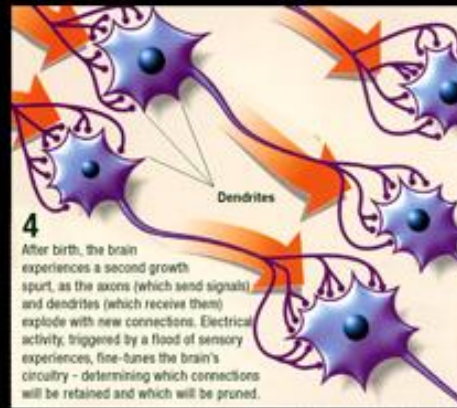
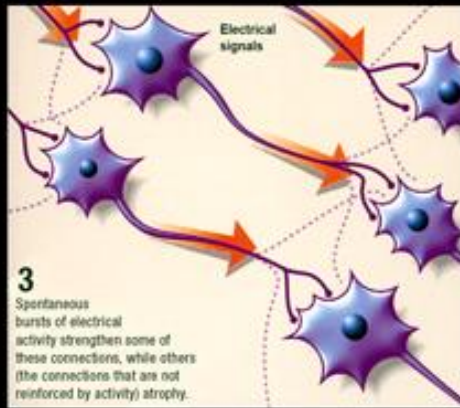
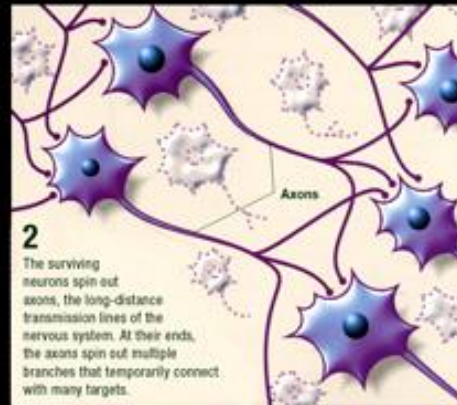
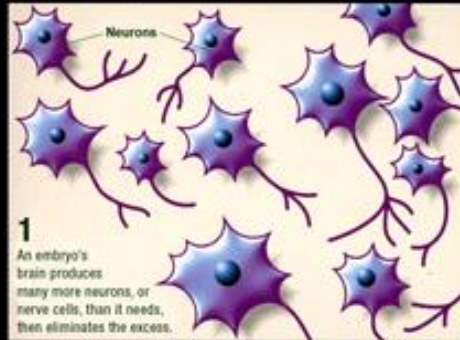
2 Years



Adult



Wiring the Brain



- CIRCUITS THAT PROCESS BASIC INFORMATION ARE WIRED EARLIER THAN THOSE THAT PROCESS MORE COMPLEX INFORMATION

- SECURE RELATIONSHIPS BUILD A HEALTHY BRAIN ARCHITECTURE THAT PROVIDES THE ROOTS OF FUTURE LEARNING



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- OBJECTIVES

THE AIMS OF THIS PROGRAM ARE:

- TO PROMOTE HEALTHY ATTACHMENT AND EMOTIONAL WELL-BEING AMONG PARENTS/ BABIES IN MACKAY
- TO TEACH MEDICAL STUDENTS HOW TO PRACTICE PSYCHOEDUCATION IN RURAL GENERAL PRACTICE
- TO INVOLVE YOUNG DOCTORS PROMOTING HEALTHY RELATIONSHIPS PARENTS/BABIES IN THE GENERAL POPULATION
- TO IDENTIFY EARLY MENTAL HEALTH ISSUES IN GENERAL POPULATION
- TO VINCULATE YOUNG PARENTS WITH LOCAL RESOURCES



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MATERIAL AND METHODS

- MACKAY IS THE FASTEST POPULATION GROWING AREA IN CENTRAL QUEENSLAND WITH APPROXIMATELY 100.000 INHABITANTS
- 21 % OF THE POPULATION REPRESENTING CHILDREN BETWEEN 0 -14 YEARS OLD
- SUGAR CANE, MINERY, TOURISM AND RECREATIONAL FISHING ARE THE MAIN INDUSTRIES IN OUR AREA



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PARTICIPANTS:

- 70 BABIES AND THEIR FAMILIES (300 PEOPLE)
- MACKAY CITY COUNCIL, YOUNG MEDICAL DOCTORS, MEDICAL STUDENTS, PSYCHOLOGIST, SOCIAL WORKER, OCCUPATIONAL THERAPIST, NURSES, CHILD PSYCHIATRIST, NON GOVERNMENTAL ORGANIZATIONS AND COMMUNITY COLLABORATED IN THIS EVENT
- INTERACTIVE STATIONS AND RESOURCES WERE CREATED FOR PARENTS/BABIES AT THE LOCAL BOTANICAL GARDENS IN MACKAY





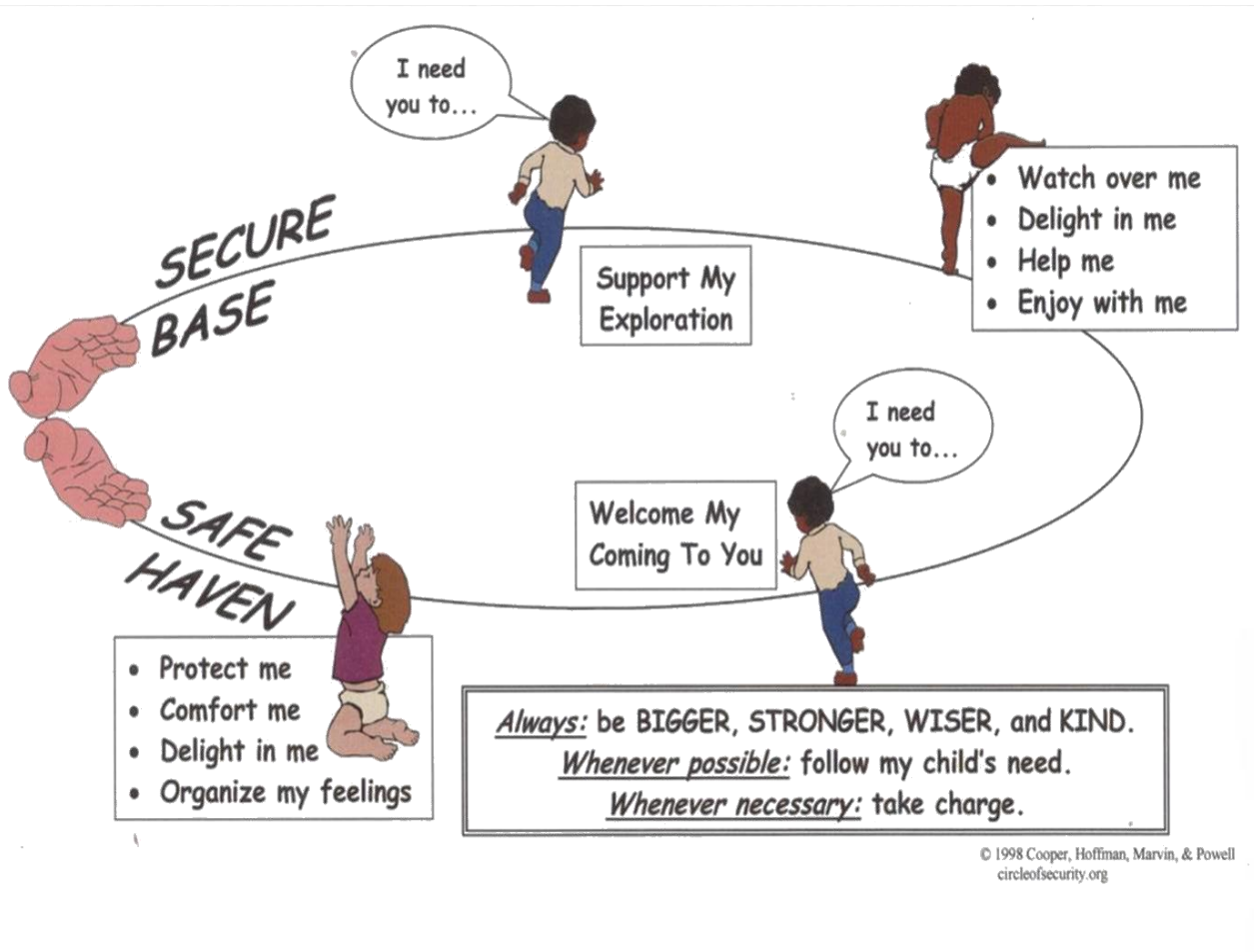


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RESULTS



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FINDINGS:

- PARTICIPATING FAMILIES CONSISTED OF DIVERSE SOCIO-ECONOMIC AND ETHNIC BACKGROUNDS
- FAMILIES WHO RECENTLY RELOCATED TO MACKAY SHARED FEARS REARING CHILDREN WITHOUT FAMILY OR SOCIAL SUPPORT
- JUNIOR DOCTORS AND MEDICAL STUDENTS ENGAGED PARENTS BABIES THROUGH VARIOUS ACTIVITIES DISCUSSING HEALTHY SLEEPING, EATING AND PLAYING PATTERNS, SAFE ENVIRONMENT AND CARER WELL-BEING
- ALL USING THE UNDERLYING THEME OF HEALTHY ATTACHMENT AS DEMONSTRATED BY THE CIRCLE OF SECURITY MODEL.



PROMOTING HEALTHY ATTACHMENT PARENTS/BABIES

- CONCLUSIONS

- ATTACHMENT AWARENESS WAS EMBRACED BY THE COMMUNITY AND DEMONSTRATED THAT “IT TAKES A VILLAGE TO RAISE A CHILD”
- LIFE IS EASIER WHEN YOU ARE PART OF A NETWORK OF FRIENDS, FAMILY AND NEIGHBOURHOOD
- MEDICAL STUDENTS AND JUNIOR DOCTORS WERE PROMOTING ATTACHMENT HELPING THEM TO BE CLOSE TO FAMILIES AND CHILDREN
- FAMILIES HAD THE POSSIBILITY TO BE INFORMED ABOUT THE RESOURCES FOR MOTHER/BABIES IN OUR AREA
- FAMILIES WERE IN CLOSE CONTACT WITH PROFESSIONALS AND NGOS LEARNING ABOUT BABY MASSAGE, BABY FEEDING, SLEEPING, PLAYING, STORY TELLING, SAFETY FOR CHILDREN, LIBRARY, AND PARENTS’ WELL BEING

