PROMOTING HEALTHY ATTACHMENT PARENTS/BABIES

RANZCP CHILD2013
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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
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• 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
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• 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
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- ATTACHMENT AND BRAIN
- FIRST SYNAPSIS OBSERVED AT 23rd WEEK OF PREGNANCY
- NEWBORN BRAIN STARTS TO CREATE SYNAPSES SHAPED BY EARLY EXPERIENCES
• 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
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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PARENTS/BABIES

Secure Base
- Support My Exploration

Safe Haven
- Welcome My Coming To You

I need you to...
- Watch over me
- Delight in me
- Help me
- Enjoy with me

I need you to...
- Protect me
- Comfort me
- Delight in me
- Organize my feelings

Always: be BIGGER, STRONGER, WISER, and KIND.
Whenever possible: follow my child’s need.
Whenever necessary: take charge.

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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.
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• 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