
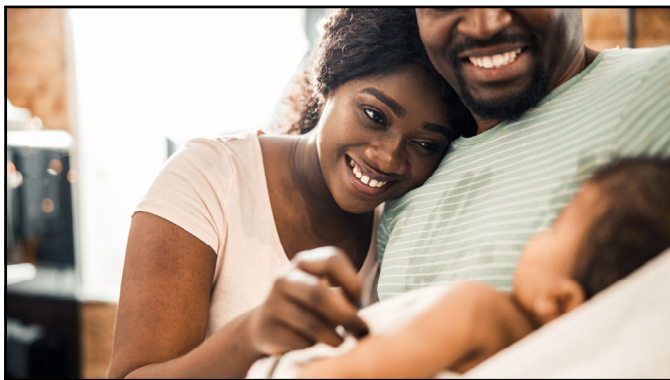


Welcome! 

We'll get started soon. If you'd like, type in the chat:

- From where are you joining the Zoom?
- What's your current EI role?
- What show/movie have you been watching recently?

1



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Disrupted Attunement

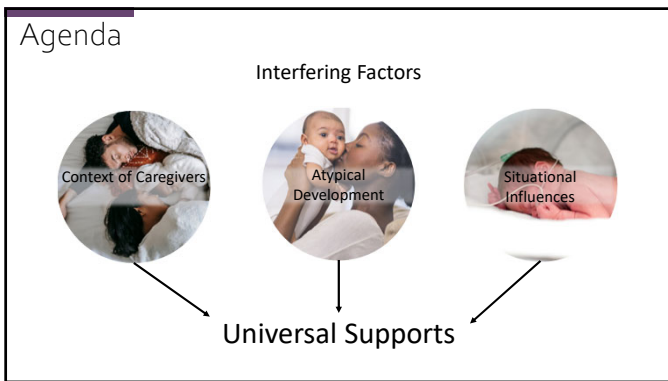
Supporting Families when Factors Interfere with Typical Social-Emotional Development

with Ann-Bailey Upsett, M. Ed

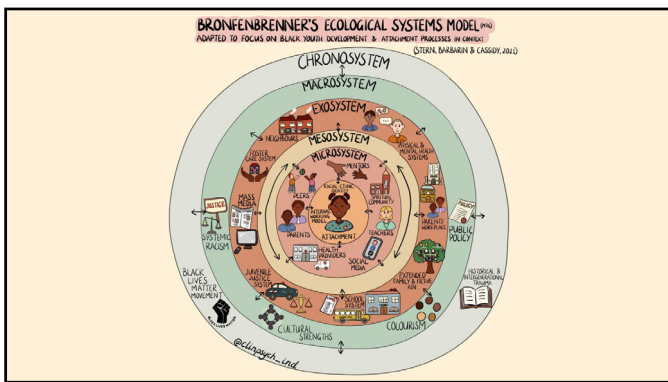


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Agenda

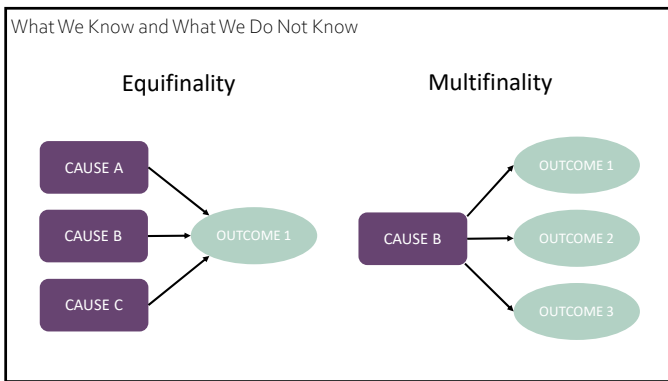


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What We Know and What We Do Not Know



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Understanding Ghosts in the Nursery

Multi-generational beliefs
Implicit memories of childhood
Infants trigger previous emotional experiences

Fraiberg, 1980

8


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 What is your work shark music?

 Lost marker/glue stick tops	 Colleague/family questioning your professional judgement
 Supervisor making a surprise visit	 Running late
 Messy houses	 Not being heard in a team meeting

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Postpartum Disorders

Baby Blues Up to 85% of new mothers <ul style="list-style-type: none">• Early onset in first week• Lasts hours to days• Typically fades within two weeks	Postpartum Depression 10-15% of women (when reported) <ul style="list-style-type: none">• Can last up to 12 months	Paternal Postpartum Depression 1 in 10 of fathers <ul style="list-style-type: none">• Can come within the first 12 months of birth• Irritability, restricted emotion, anxiety, depression
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Disrupted Attunement from Birth Trauma

- Mother's loss of agency by medical professionals
- Maternal physical trauma from birth



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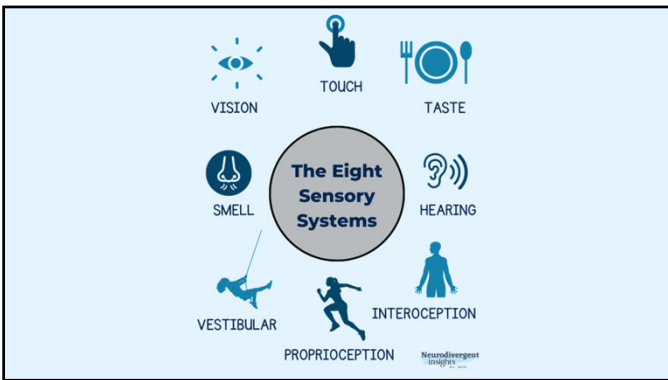


How do you provide caregivers with a reflective space?

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Support Families in Understanding Sensory Profiles

- Observe and label behaviors
- "I wonder..."
- Encourage families to notice individual differences of their child (note difference between a sensory preference and a diagnosis)
- Reflect with parents on their own sensory profiles and preferences

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 Which sensory needs have you seen create confusion in a dyad?

Seeking		Avoidant
<input type="checkbox"/>	Tactile	<input type="checkbox"/>
<input type="checkbox"/>	Vestibular	<input type="checkbox"/>
<input type="checkbox"/>	Proprioceptive	<input type="checkbox"/>
<input type="checkbox"/>	Auditory	<input type="checkbox"/>
<input type="checkbox"/>	Visual	<input type="checkbox"/>

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Difficulties in Signaling the Parent

- Sight and holding the caregiver's face in view
- Motor planning and signaling the caregiver or turn to the caregiver's cues
- Hearing and following the caregiver's voice or receiving co-regulation from the caregiver



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Delayed Motor Development

- Difficulty tracking with eye gaze
- Meeting the pace of exchanges
- Responding to caregiver's overtures
- Miss caregivers' cues of calm and safety while focused on motor concerns




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High-needs Infant

Caregivers may feel rejected, helpless, exhausted, or as though they are failing.

Difficulty co-regulating and returning to a baseline state of calm.



May miss emotional signals of safety from caregivers - infant may not experience emotional safety (leads to difficulty co-regulating and self-regulating later on).

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Temperament

- Tendency to avoid or approach unfamiliar events
- Function of activity in the amygdala
- "Excitable amygdala"
- How we interpret the change in our bodies as they respond to the amygdala's reaction

Uninhibited	Inhibited
↓	↓
Low Reactive	High Reactive

(Kagan, Snidman, 2004)


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👶 Parenting the High-Reactive Child

Children who are punished for high reactivity	➔	become more withdrawn or irritable (high-reactivity is not a willful choice)
Children encouraged to overlook their fears	➔	may miss social cues
Children allowed to retreat from novelty	➔	will continue to be timid in new situations

(Kagan, Snidman, 2004)

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 Parenting the High-Reactive Child

-  Help families see the child's unique nature
-  Encourage attunement
-  Recognize malleability
-  Understand yellow-zone stress
-  Temperament is not Destiny

(Kagan, Snidman, 2004)

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NICU Stays

- NICU creates toxic stress that can impact the infant's neurodevelopment.
- Separation from caregiver is traumatic
- Doctors, nurses, staff, intervention providers can create stress buffers to support parent and child.
- Long term trauma reaction - toxic stress

Chen et al., 2018
Cohen et al., 2016

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What are other family stressors you have run into in your practice?

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Turning Family Routines into Rituals

- Daily grooming
- Preparing Meals
- Bedtime routines
- Cleaning



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PATH: Positive Attitudes Towards
Hair Brushing
Talk, Touch, Listen

Hair Brushing Opportunities


- 1: Preparation
- 2: Negotiation
- 3: Combing hair
- 4: Play
- 5: Closing rituals

Dr. Marva Lewis



Lewis, 2023

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Growing up, what was a routine in your house that turned into a family ritual?


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"You are the expert on your child,
and you have a voice in
your child's life."



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Joining the Family in Curiosity and Amazement



"How did you chose the name?"

"Let's observe him and see what we can learn about him - what he finds difficulty or challenging and what makes him unique."

"What struck you about your infant's behaviors today?"

"Tell me about your child"

"Let's see what she would like to tell us about herself through her behaviors."

"What did you observe?"

Newborn Observational Scale - Nugent, et al.

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Meaning Making

Understanding the meaning the parents make about their child and their situation

Be available to reframe, label, model

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Observing and Labeling Behaviors

- Observe behaviors as a joint endeavor with the parent - give the parent efficacy
- Help families understand the developmental significance of behaviors
- Monitor our own judgement and present observations and insights in a nonjudgmental way
- Explain behaviors as a part of the developmental whole - how the individual behaviors show the child's unique being

Nugent, 2019

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Joining the Caregiver:

- Engages the caregiver's prefrontal cortex
- Signals safety and security to amygdala
- Stay present in the moment without increase cortisol
- Caregiver is open to attunement



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Key Points

- 1 Honor the parent as the expert on their child.
- 2 Create space for parent reflection.
- 3 Help caregivers see their child through nonjudgmental labeling and questioning.
- 4 Buffering the stress for the caregivers helps the child.

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We will never know the full story or the reason behind the observable behaviors.

Yet we can join a caregiver in observing a child with awe and wonder in a way that will lead to attunement, new meaning making, and the creation of new rituals.

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Thank you!



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Stay tuned for next month!

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Check Your Inbox

2



Take the Survey

3



Download the Certificate!

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