

Support for parents before and after birth

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Attachment

- Secure base experience
 - real experiences of being heard and attended to
 - secure
 - insecure avoidant
 - insecure ambivalent
 - disorganized
- Insecurity related to mental disorders
- Security is a resilience factor for child

Attachment and parenting

- Strong trans-generational transfer
- Often insecure or disorganized in mental disorders
 - dismissive attachment and alexithymia
 - preoccupied and anxiety / panic
 - unresolved and personality disorders
- Bonding disorders
 - “this is not my child”, “I couldn’t care less”
 - serious risk for neglect and abuse

Support for parenting

- Committing to child
 - bonding
- Mentalizing child and own reactions
 - reflective function
- Responding to signals
 - sensitivity
- Regulation of own and child emotions
 - difficulties in containment
 - negative bias

How to support

- Corrective attachment experience
 - attentive, sensitive, responsive, accepting attitude
- Reflecting together
 - thinking of the inner world of wombling, infant or child
 - teaching of the interpersonal world
- Creating joy in play
 - Theraplay as an example

Services for support

- Inclusive services need new training
 - knowledge of attachment
 - techniques in building positive parenting
- Risk-group identification
- Peer-groups valuable
- Home visiting necessary
 - individual attention to mother, father and siblings

Vignette

- Mother with depression and substance abuse
- 1st clip of mother trying to entice baby to play
 - rejection and feeling rejected
- 2nd clip of family worker enticing child to play
- 3rd clip in which joy of interactive play transferred to mother