Perinatal and Infant Mental Health eBulletin

June 2012

ChiMat
Child and Maternal Health Observatory

www.chimat.org.uk

Welcome to the monthly Perinatal and Infant Mental Health (PIMH) eBulletin highlighting the latest resources relating to PIMH which have been added to the Mental Health and Psychological Well-being Knowledge Hub in the last month.

This email includes a summary and link to each resource below.
If you would prefer to read a pdf version of this eBulletin, go to the eBulletins page on the ChiMat website.

To ask questions and share experience and learning with colleagues, join the PIMH network eDiscussion group which compliments this eBulletin.

Don't forget, you can now follow us on Twitter @ChiMatorguk

Elsewhere on ChiMat

- eBulletins
- Tools and data
- Knowledge hub
- Calendar of events
- Disability
- Maternity
- Mental health and psychological well-being
- Safeguarding
- Workforce
- Young people

Perinatal and infant mental health news

Disability knowledge hub

Just launched, ChiMat's new **Disability knowledge hub** brings together a range of resources relating to the commissioning and delivery of services for children and young people with disabilities and their families. It sits alongside ChiMat's other themed hubs: Maternity, Mental Health and Psychological Well-being, Safeguarding, Workforce and Young People, and as part of the wider Knowledge Hub, which contains thousands of resources relating to all aspects of children's, young people's and maternal health.
www.chimat.org.uk/disability

In the news

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CYPN: Two fifths of new mums struggling to cope, says NSPCC

Up to 40 per cent of new mothers are struggling to handle the demands of looking after their newborn baby, a poll by the NSPCC has found.
http://www.chimat.org.uk/resource/view.aspx?RID=127515&src=pimh

SEN: Milestone for NHS deaf screening programme for babies

Five million children have now passed through the NHS screening programme for hearing impairment since it was introduced in 2001. The Newborn Hearing Screening Programme (NHSP) screens around 13,000 babies a week. If a hearing impairment is not detected early, it can have a serious impact on the development of the child's language and communication skills, which in turn can affect educational achievement and mental health. Before the test's introduction, nearly half of these children would have remained undiagnosed at the age of one-and-a-half years, with about 200 children still undiagnosed at three-and-a-half years.
http://www.chimat.org.uk/resource/view.aspx?RID=127794&src=pimh

4Children: "Family life is vitally important to the country, and must be protected"

Anne Longfield OBE, Chief Executive of 4Children, the national charity for children and families, has given evidence to the All Party Parliamentary Group on Migration. Her concluding remarks are recorded here. She suggests that proposals to introduce new restrictions on family migration to the UK have the potential to bring misery to thousands of families who will be forced to remain apart, with great human and economic cost to them and their children.
http://www.chimat.org.uk/resource/view.aspx?RID=127882&src=pimh

The Telegraph: Failure to treat tens of thousands of mothers creating riots generation

This article focuses on the launch of Parent-Infant Partnership UK, a new charity dedicated to helping mothers with psychological and psychiatric problems after childbirth.
http://www.chimat.org.uk/resource/view.aspx?RID=128085&src=pimh

NHS Choices: Email and text tips for mums and dads

"Parents will receive text message and email advice on how to bring up their children after David Cameron said it was 'ludicrous' that people get more training in driving a car" the Daily Mail reported. The story, covered in much of the media, is based on the launch of a new interactive service providing information and advice to parents. This 'Behind the headlines' article examines the facts behind the story.
http://www.chimat.org.uk/resource/view.aspx?RID=128101&src=pimh

AFC: New play therapy study in Ethiopia

A team led by the Anna Freud Centre's Chief Executive, Professor Peter Fonagy, is investigating the effect of a new play therapy on the development of severely malnourished children in southern Ethiopia. Through play, the bond between mother and infant - weakened by the experience of starvation and near death - is reformed and the natural reciprocity of attachment needs and caregiving is re-established. It is expected that the closer relationship between mothers and their children established by filial play therapy will facilitate feeding which will reduce the duration of malnourishment, toxic to the normal development of the brain.
http://www.chimat.org.uk/resource/view.aspx?RID=128616&src=pimh

JFHC: Pre-birth planning key to perinatal mental health

Mental health specialists Sasha Singh and Parveen Bhatia told delegates at Primary Care 2012 of the importance of staying on top of maternal mental health right after birth. "Week one following childbirth is by far the period of highest risk of perinatal mental health disorders," Singh explained.
http://www.chimat.org.uk/resource/view.aspx?RID=128664&src=pimh

NHS Commissioning Board: Proposed configuration and member practices for CCGs published

The NHS Commissioning Board Authority has published the proposed configuration and member practices for 212 proposed CCGs for the first time. This is a major step forward in the work to establish the new clinical commissioning landscape by April 2013, and, along with the publication of the running cost allowances, will enable proposed CCGs to further develop their organisation ready for authorisation and establishment. National and regional CCG maps displaying the information are also available.
http://www.chimat.org.uk/resource/view.aspx?RID=129330&src=pimh

Guides and Practice

No Alcohol No Risk – FASD information for midwives

This 26-minute film explains the risks of drinking alcohol in pregnancy, while following a birth mother with a child with suspected foetal alcohol spectrum disorder (FASD), a midwife, and a pregnant woman who is drinking low levels of alcohol. The film can be viewed online by going to the NOFAS-UK 'Alcohol in pregnancy – training for midwives' website section.
http://www.chimat.org.uk/resource/view.aspx?RID=127662&src=pimh

Reports

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Evaluation of the Nurturing Programme for parents and carers

This report is based on questionnaires completed by parent group leaders from around the country. The Strengths and Difficulties Questionnaire (SDQ) measures child behaviour and the Warwick and Edinburgh Wellbeing Scale (WEMWBS) measures parental wellbeing. Both the full report and an executive summary are available from the Family Links website.
http://www.chimat.org.uk/resource/view.aspx?RID=126640&src=pimh

Making it happen: overcoming barriers to providing infant-early childhood mental health

This article from the United States is intended to illuminate the scientific evidence for infant-early childhood mental health (I-ECMH) policies; examine issues faced by national, state, and local program directors and mental health practitioners in providing I-ECMH services; and propose a set of recommendations for policy improvements at the federal level.
http://www.chimat.org.uk/resource/view.aspx?RID=126809&src=pimh

No way out, no way in: irregular migrant children and families in the UK - research report

Thousands of children living in the UK without legal immigration status are at risk of destitution and exploitation because of contradictory rules and regulations, according to this report by the University of Oxford.
http://www.chimat.org.uk/resource/view.aspx?RID=127714&src=pimh

Against All Odds: Mind the Gap - creating services and welfare to tackle perinatal depression

Family Action works with some of the most vulnerable and disadvantaged families in England including mothers at risk of depression before or after the birth of their baby (perinatal depression). The charity's Against All Odds: Mind the Gap report highlights the dangers mothers and children face if adequate services and welfare support are not available. Research shows that poor maternal mental health and low income during babyhood damage children's outcomes and are factors in the creation of "Troubled Families".
http://www.chimat.org.uk/resource/view.aspx?RID=127715&src=pimh

Addenbrookes Hospital fetal alcohol syndrome (FAS) research study and pocket guide

The severity of the fetal alcohol syndrome depends on many factors, the larger the amount of alcohol consumed during pregnancy, the worse it is. However, anecdotally, there is evidence that midwives feel uncomfortable and uncertain about raising the issue of alcohol consumption with expectant mothers.
http://www.chimat.org.uk/resource/view.aspx?RID=128367&src=pimh

Research

Trajectories of long-term outcomes for postnatally depressed mothers treated with group interpersonal psychotherapy

The aim of this study was to investigate the depressive symptoms and interpersonal functioning of participants in a randomised controlled trial (RCT) of group interpersonal psychotherapy (IPT-G) at 2 years posttreatment. The study also examined long-term trajectories, such as whether participants maintained their recovery status, achieved later recovery, recurrence or persistent symptoms.
http://www.chimat.org.uk/resource/view.aspx?RID=126646&src=pimh

Does activity matter: an exploratory study among mothers with preterm infants?

The purpose of this study was to describe daytime activity levels and their association with sleep, fatigue, depressive symptoms, and quality of life. Wrist actigraphy and questionnaires were used to examine 51 mothers with a preterm infant during their second week postpartum.
http://www.chimat.org.uk/resource/view.aspx?RID=126678&src=pimh

Therapeutic play within infant–parent psychotherapy and the treatment of infant feeding disorders

This clinical article presents an infant mental health approach to the treatment of feeding disorders in infants and toddlers that involves the infant–parent psychotherapist directly working with the infant's representations within infant–parent psychotherapy sessions.

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http://www.chimat.org.uk/resource/view.aspx?RID=126693&src=pimh

Mothers' voices: Coping with their children's initial disability diagnosis

For parents of infants and toddlers receiving a diagnosis of disability, a variety of responses may result. Yet little is known about the specific ways families cope with the initial diagnosis. This qualitative study investigated six mothers' memories of their children's diagnoses. The results may improve professionals' understanding of parents' need for information and support at the time of initial diagnosis.
http://www.chimat.org.uk/resource/view.aspx?RID=127078&src=pimh

Getting ready: Results of a randomized trial of a relationship-focused intervention on the parent–infant relationship in rural early head start

The purpose of this study was to investigate the effects of a relational intervention (the Getting Ready intervention) on parenting behaviours supporting the parent–infant relationship for families enrolled in Early Head Start home-based programming. 234 parents and their children participated and brief, semi-structured parent–child interaction tasks were videotaped every four months over a sixteen-month intervention period. Observational codes of parent–infant relationship behaviours included quality of three parental behaviors: warmth and sensitivity, support for learning, and encouragement of autonomy; two appropriateness indicators: support for learning and guidance/directives; and one amount indicator: constructive behaviours.
http://www.chimat.org.uk/resource/view.aspx?RID=127151&src=pimh

Predicting maternal sensitivity: The roles of postnatal depressive symptoms and parasympathetic dysregulation

According to the authors, previous research has established that maternal depression is a risk factor for a variety of negative developmental outcomes among infants and children and although low levels of maternal sensitivity have been hypothesised to explain this risk, the biological mechanisms underlying the association between maternal depressive symptoms and low levels of maternal sensitivity have been largely underexplored. This study examined the roles of postnatal depressive symptoms and parasympathetic nervous system functioning as predictors of low levels of maternal sensitivity.
http://www.chimat.org.uk/resource/view.aspx?RID=127155&src=pimh

War trauma lingers on: Associations between maternal posttraumatic stress disorder, parent–child interaction, and child development

According to the authors, although maternal traumatisation has been proposed as a risk factor for child development, the mechanisms involved are poorly understood. This study analysed the interrelations among maternal posttraumatic stress symptoms, parent–child interaction (emotional availability), and infants' psychosocial functioning and development among 49 asylum-seeker and refugee mothers and their children aged 18–42 months.
http://www.chimat.org.uk/resource/view.aspx?RID=127158&src=pimh

Building the evidence base for early childhood mental health consultation: where we've been, where we are, and where we are going

This article forms the introduction to a special issue of the Infant Mental Health Journal: Current issues and practices in early childhood mental health consultation.
http://www.chimat.org.uk/resource/view.aspx?RID=127661&src=pimh

Factors influencing child mental health: A state-wide survey of Victorian children

This study aimed to estimate the prevalence of mental health problems among children in Victoria, Australia and to investigate factors associated with poorer mental health. Computer-assisted telephone interviews were undertaken with the parents of 3,370 randomly selected children aged 4 to 12 years. They reported on their child's mental health and special healthcare needs as well as their own mental health, family functioning and a range of community and socio-demographic variables. The authors suggest that these predictors of children's mental health reinforce the need for policy solutions that will extend beyond those offered by traditional mental health service systems.
http://www.chimat.org.uk/resource/view.aspx?RID=127718&src=pimh

Use of video feedback intervention in an inpatient perinatal psychiatric setting to improve maternal parenting

This study uses video feedback to improve maternal parenting behaviour in clinically depressed mothers admitted to a perinatal inpatient psychiatric unit. Depressed mothers were randomised to 'video', 'verbal', or 'standard care'. 'Video' mothers were taped playing with their infant; interaction was reviewed with a mental health specialist. 'Verbal' mothers only discussed interaction with their infant, while 'standard care' mothers received only routine

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inpatient care.
http://www.chimat.org.uk/resource/view.aspx?RID=128185&src=pimh

Effects of a brief psychoanalytic intervention for perinatal depression

This pilot study explores the effects of a brief individual psychoanalytic therapy on perinatal depressive symptoms. This intervention is based on the Geneva mother–infant intervention model. A sample of 129 pregnant women was recruited in Geneva (Switzerland) and screened for depressive symptoms with two instruments: the Edinburgh postnatal depression scale (EPDS) and the Dépistage anténatal de la dépression postnatale. A group of 40 women presenting depressive symptoms (treatment group) participated in a four-session intervention called psychotherapy centred on parenthood (PCP). Results suggest that PCP is a promising intervention for treating perinatal depression and helping mothers engaging in parenting.
http://www.chimat.org.uk/resource/view.aspx?RID=128208&src=pimh

Maternal perceptions of the infant: relationship to maternal self-efficacy during the first six weeks postpartum

The purpose of this investigation was to examine the associations between maternal perceptions of their own infants relative to other infants and maternal self-efficacy in a group of ethnically diverse, low-income, first-time mothers during the first six weeks postpartum.
http://www.chimat.org.uk/resource/view.aspx?RID=128234&src=pimh

Infancy research, infant mental health, and adult psychotherapy: mutual influences

This article considers the influence of infant research on psychodynamic theory and practice. Infant research highlights the dramatic effects of the early caregiving relationship on development throughout the life span. It also provides important perspectives on psychotherapeutic processes.
http://www.chimat.org.uk/resource/view.aspx?RID=128241&src=pimh

Postnatal mental health and parenting: the importance of parental anger

According to the researchers, parents' postnatal mental health and subjective perceptions of their baby are likely to influence the quality of their relationship with their baby. To date, this has largely been examined in mothers. Therefore, this study aimed to also explore this in both parents.
http://www.chimat.org.uk/resource/view.aspx?RID=128301&src=pimh

Assessing the prevalence of mental health disorders and mental health needs among preschool children in care in England

This study aimed to identify the prevalence of mental health and developmental disorders along with corresponding need for interventions in preschool children in care. Although school-aged children living in foster care have been identified as a high-risk group for mental health and developmental disorders, there is a paucity of data relating to preschool children in care.
http://www.chimat.org.uk/resource/view.aspx?RID=128306&src=pimh

Sleep problems and mental health in primary school new entrants: cross-sectional community-based study

The aim of this study was to determine at school entry the prevalence and types of child sleep problems, sleep difficulties and hygiene practices associated with sleep problems, and their associations with child health-related quality of life, mental health and parent mental health.
http://www.chimat.org.uk/resource/view.aspx?RID=128356&src=pimh

Expanding early childhood mental health consultation to new venues: serving infants and young children in domestic violence and homeless shelters

According to the authors, the number of infants and young children affected by homelessness and domestic violence is growing, and the effect of these experiences on children is wide-ranging. Early childhood mental health consultation (ECMHC) has expanded to these settings to help the adults attend to very young children whose needs are often obscured by families' crises. This article explores the similarities and variations in the consultant's way of being that are necessary to expand this relationship-based ECMHC model to adult-focused settings.
http://www.chimat.org.uk/resource/view.aspx?RID=128825&src=pimh

Forgotten survivors of intimate-partner violence: the role of gender and mothering in infant development

The authors claim that although gender and mothering are critical factors in the development of infants exposed to intimate-partner violence (IPV), the majority of research has focused on school-age and adolescent populations.

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They therefore set out to investigate the moderating effect of gender in the relationship between mother–infant interaction and infant development in families of IPV. Maternal report was used to measure infants' cognitive and social functioning while mother–infant interaction quality was assessed through an observational measure.
http://www.chimat.org.uk/resource/view.aspx?RID=128827&src=pimh

Young children suffering, or likely to suffer, significant harm: experiences on entering education

This longitudinal study has been tracing the decision-making process influencing the life pathways of a cohort of very young children who were identified as suffering, or likely to suffer, significant harm before they reached their first birthdays.
http://www.chimat.org.uk/resource/view.aspx?RID=128904&src=pimh

Information for parents, families and carers

The FASD Trust

The FASD Trust is a charity founded in January 2007 by the adoptive parents of a child with foetal alcohol syndrome. The website provides information on foetal alcohol spectrum disorders (FASD) and organises events for parents, carers and professionals, as well as sending out a regular newsletter.
http://www.chimat.org.uk/resource/view.aspx?RID=126740&src=pimh

Events

For details of these and many other events see the Calendar of Events on the ChiMat website

Parents in partnership for supporting communication development in under-3s

This course is designed for family support practitioners with the aim of enhancing parental support of early communication development. It includes information for practitioners carrying out the Healthy Child review at 2-2½ years. It is aimed at practitioners who work with families of young children including family support practitioners, health visitors, speech and language therapy assistants and appropriate children's centre staff.

Location: London
Start date: Friday, 6th July 2012
http://www.chimat.org.uk/resource/view.aspx?RID=127281

Mentalization-based therapy for families: advanced practice

This course will allow intensive practice of a wider range of MBT-F techniques, games, activities, under the supervision of MBT-F trainers and members of the Anna Freud Centre MBT-F team. There will be a small amount of didactic teaching, but the emphasis will be on practice through role play, examination of video and case discussion. This course is open to any practitioner who has already completed an MBT-F introductory training, and who is working with families using MBT-F techniques.

Location: London
Start date: Thursday, 12th July 2012
http://www.chimat.org.uk/resource/view.aspx?RID=127812

Reflective functioning training on the Pregnancy Interview

The Pregnancy Interview is a semi-structured clinical interview that has been shown to predict adult attachment classification. It was developed to assess the quality of a mother's representation of her relationship with her unborn child and assesses a variety of aspects of the mother's view of her emotional experience with pregnancy and her expectations and fantasies regarding her future relationship with her child. Course participants will be trained in the Reflective Functioning (RF) coding system for the Pregnancy Interview (PI), and in the application of this system to transcripts. Course participants will also be trained to administer the Parenting Interview. This course is suitable for clinicians and researchers who have completed RF training for the PDI.

Location: London

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Start date: Wednesday, 22nd August 2012
http://www.chimat.org.uk/resource/view.aspx?RID=127817

Neonatal Behavioural Assessment Scale (NBAS)

The NBAS scale is used for infant assessment and research, and as an intervention with parents. It provides detailed information about the individual infant's self-regulatory abilities and how the infant manages crying, sleep, alert states, and feeding. Training delivered in several phases and is open to professionals who must have experience of handling babies prior to the course. Full details are on the website.

Location: Cambridge
Start date: Monday, 17th September 2012
http://www.chimat.org.uk/resource/view.aspx?RID=128818

International Association of Infant Massage (UK) Chapter: AGM and study day

This event, which is open to non-members, will include talks on infant massage programmes (supporting early relationships) and infant massage and the dangers of early stimulation for babies.

Location: London
Start date: Saturday, 17th November 2012
http://www.chimat.org.uk/resource/view.aspx?RID=128829

ChiMat eBulletins

Working with partners, ChiMat produce a number of eBulletins to keep you up to date:

- ChiMat Knowledge Update on children's, young people's and maternal health
- Mental Health and Psychological Well-being
- Learning Disabilities & CAMHS
- Perinatal and Infant Mental Health

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