



INTERNATIONAL
ASSOCIATION
OF INFANT
MASSAGE,
AUSTRALIA INC.

IMAGINE...GETTING INFANT MENTAL HEALTH RIGHT: CONFERENCE PROGRAM

JULY 16-17 2011



Touching Hearts, Connecting Families, Changing Lives

International Association of Infant Massage, Australia Inc.

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www.good4youaromatherapy.com



The Australian Hospital and Healthcare Bulletin is an independent voice for the hospital and health care professional. Published quarterly it serves Australia's healthcare industry leaders and key decision makers, providing them with an independent and informative update and review of some of the current major healthcare issues in Australia along with a product services directory.

www.aprs.com.au/ahhb



Kids Learning is Fun aims to support parents so they may help their children with learning. We have a wide range of literacy and numeracy resources, information, and Parent workshops and webinars. We also provide resources to Childcare centres, teachers and schools. We want to provide children with games and activities that show children learning can be fun!

www.kidslearningisfun.com.au



Our Statement of Healing

IAIM Australia maintains a commitment to reconciliation with the Indigenous People of Australia.

We respectfully acknowledge all of the past and present traditional custodians of this land, and the seas that surround it. It is a privilege for us to be living in a land that flourished under the care of Aboriginal people for over fifty-thousand years.

We acknowledge, are Sorry for, and express our great sadness for the treatment and disadvantage that Aboriginal people have experienced as a result of colonisation. We are committed to being active in a healing process which ensures that Aboriginal people experience the same health, social and economic outcomes as non-Aboriginal Australians.

We also acknowledge the contributions of the many Aboriginal and non-Aboriginal Australians who care for and nurture the babies and children of our country. We support the notion that children represent a society's future. We believe it is through working together to respect and value the needs of all babies, children and their families, that healing of this country will be attained and that we can be whole.

Welcome

On behalf of the entire IAIM management team, we are delighted to welcome you, along with a record number of other participants, to Sydney for the National Conference of IAIM Australia.

This year's conference theme – Imagine...Getting Infant Mental Health Right – features a broad range of papers and workshops that will explore some of the most important issues that influence the practice and research of all people who work with babies and their parents. Our invited keynote speakers this year, Dr. Stephen Matthey and Dr. Angela Underdown, will be supported by the contribution of organisations such as beyondblue and Anglicare SA as well as the input of numerous practitioners offering inspiring papers and discussions about creating real and lasting change on the frontline.

The concept of infant mental health – like any area of knowledge – can be extremely complex. There are many experts doing incredible work in this area with highly sophisticated skills developed over many years of practice and study. At the same time however we must remember that infant mental health is also remarkably simple. Its essence is underpinned by one essential concept: that babies (and ultimately humanity) have the best chance of surviving and thriving when we have secure relationships with the people we belong with.

The idea that everyday relationships (and not technology, or money, or substances, or even “experts” on their own) might be the key to the survival of our species is something that was deeply understood by the founder of the IAIM, Vimala McClure. Her vision was that ordinary people, from all walks of life and all backgrounds would experience the beginning of life knowing we are special to at least one important person. For almost 40 years this knowledge has been shared by both professionals and lay-people alike. We believe that Vimala would be deeply satisfied in knowing the art of nurturing parent-infant relationships through touch has not become a “specialist” knowledge accessible to only a few. To this day it remains a type of knowledge that is truly owned by, and shared amongst, communities, families and people all over the globe.

It is a great honour for us to present this year's conference program to you because it joins together the work of IAIM – and thousands of its members – with potentially one of the most important intellectual acknowledgements of our time: *we need to connect with each other*. At this year's conference, we are reminded that relationships – and the well-being of human babies – are based in imagination, hope, heart and, yes, even *love* – as much as the intellectual aspects of our work and our research.

We cannot possibly hold a conference without the hard work of many individuals. We remain deeply appreciative of the hours and efforts that our volunteers, sponsors and supporters have contributed to bring this event to life. Mention must also be made of those who have come before us: our previous conference organisers, all of the past volunteers of IAIM Australia (and across the world) who each have given something of themselves to lay the foundations for today. And – perhaps most importantly – we would like to thank you, the participant. Thank you for taking the time out of your schedule and to travel (whether across the road or across the world) to join us. We are so pleased to have you here to take part in a conversation about hope, love, belonging and babies.

Wishing you a very enjoyable, uplifting and inspiring couple of days.

Ainsley Moden
Acting President

Alice Campbell
Executive Officer

Keynote Speakers

ASSOCIATE PROFESSOR ANGELA UNDERDOWN

Angela is Associate Professor of Public Health in the Early Years and Deputy Director of the Warwick Infant and Family Wellbeing Unit, at the University of Warwick in the UK.

Angela's research interests are in the effectiveness of early interventions in the primary prevention of mental health problems. She is particularly interested in the evaluation of interventions that are directed at promoting carer-infant interactions.

Angela is perhaps most well-known by infant massage professionals as the author of a Cochrane Systematic Review examining the effects of infant massage on mental and physical health of infants under 6 months. This review found the numerous studies supporting the benefits of infant massage as including less crying, improved sleep, and lower levels of stress hormones, compared to babies who were not massaged. The review also found some evidence to support that parent-delivered infant massage was an effective intervention that protected the relationship between babies and mothers who had postnatal depression.

Angela's recent research project was to evaluate eight different Infant Massage programs in the community setting, to identify the relevant mechanisms that enhanced the relationship between parent and child.

ADJ. ASSOCIATE PROFESSOR STEPHEN MATTHEY

Stephen is an adjunct Associate Professor in the School of Psychology, University of Sydney, and also the UNSW School of Psychiatry. He is also employed as a Senior Clinical Psychologist, and the Research Director, for the Infant, Child & Adolescent Mental Health Service in the South Western Sydney Local Health Network. He gained his undergraduate psychology degree from England, and his Clinical Masters degree and Ph.D. from the University of Sydney.

After working as a clinician for many years in both community and hospital settings, Stephen took up a position managing a research unit, and has a particular interest in clinically-focused research. He has published around 80 papers in peer-reviewed journals on a wide range of topics, including: child and adult treatment and assessment; educational psychology; cross-cultural psychology; perinatal and infant mental health; questionnaire development; making statistics clinically meaningful (yes...it is possible); brain injury; fathers; parenting programs, and the evaluation of clinical services. He is also a passionate soccer player and Chelsea supporter; motorbike rider; and trying to improve his violin playing.

Program

SATURDAY, 16TH JULY 2011

8:15am	Registrations open
8:50am	Welcome and Opening
9:10am	Announcing the Finalists and Winner of the 2011 Jolanta Kalandyk-Gallagher Scholarship
9:30am	Keynote presentation: Perinatal depression and anxiety (<i>Adj. A/Prof Stephen Matthey</i>)
10:45am	Morning tea
11:15am	Keynote presentation: Interventions to support early relationships: mechanisms identified within infant massage programs (<i>A/Prof. Angela Underdown</i>)
12:30pm	Lunch
1:30pm	Paper: Imagine...if all parents were bonded, attached and emotionally available for their babies (<i>Jane Debaeker</i>)
2:05pm	Paper: Beyond the baby blues: Mental health in the perinatal period (<i>Carol Purtell</i>)
2:40pm	Afternoon tea
3:15pm	Workshop: Evaluation methods and design for infant massage interventions (<i>Assoc. Prof. Angela Underdown</i>)
5:00pm	Workshop: Stroke Review (IAIM Infant Massage Instructors only) (<i>Glenda Chapman</i>)

SUNDAY, 17TH JULY 2011

8:30am	IAIM Annual General Meeting (all welcome)
9:30am	The Community Network – Supporting IAIM & Health Services through technology
9:45am	Paper: Relaxing into parenting: Reducing anxiety during the transition to parenting through enhancing relationships (<i>Emma Baldock</i>)
10:30am	Morning tea
11:15am	Paper: Traumatic birth experience: Implications for infant mental health (<i>Sue Clay, Julia Green, Ruth Fensom</i>)
12:00pm	Lunch
1:00pm	Workshop: Baby strengths: Understanding baby behaviours, nurturing healthy bonds (<i>Jan Player, Jo Press</i>) (includes afternoon tea @ 2:30pm)
4:30pm	Closing presentations



Every Baby Needs a Holding Environment

Babies soak up affection and love through their skin. Gentle touch shares the tenderness that every infant requires. Playful touch encourages joy. Holding your baby not only provides pleasure and reassurance, it is essential in helping to soothe and organize difficult feelings.

Cooper, Hoffman, Marvin, & Powell (2000)
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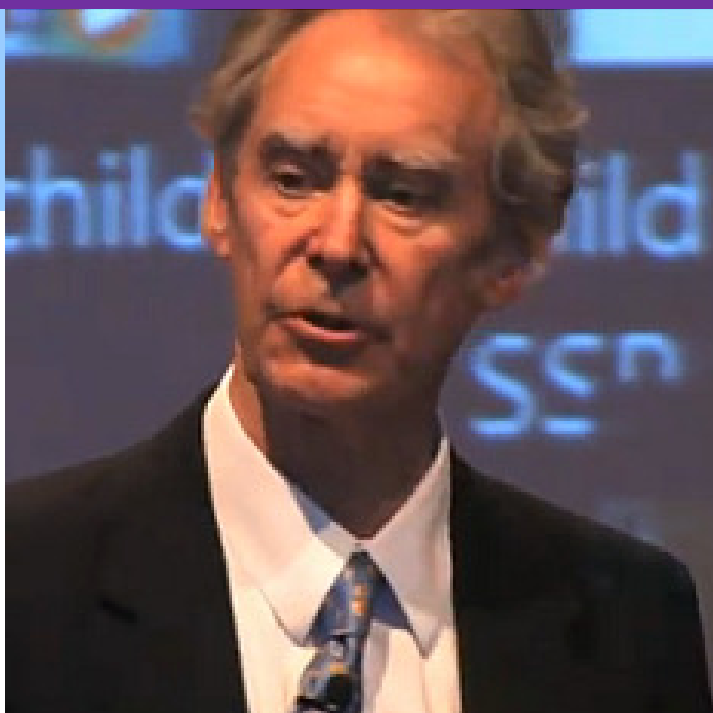
The International Association of Infant Massage *presents*

A Day with Sir Richard Bowlby

**Saturday 5 November, 2011
8:45am – 5pm, National
Convention Centre, Canberra**

Attachment Theory, formulated by Sir Richard Bowlby's late father Dr. John Bowlby, influences many contemporary human service, early childhood, mental health and early intervention programs in Australia.

Sir Bowlby will present an extensive, yet accessible, understanding of Attachment Theory as developed by his father and extended by current research, interwoven amongst intimate family insights and narrative.



"I don't say I'm going to give an audience something they are going to remember. Rather I try to give them something they cannot forget."

Sir Richard Bowlby, 2010

**Opening address by Rosemary Illoste,
Australian mother & foster mother, author
of "For the Love of Kids".**

This event offers a personally guided tour of one of the most important ideas of our time. The insights revealed will inspire students, workers, practitioners, parents, carers, survivors, researchers, advocates and managers - or anyone living and working in a community with young children.

Program Topics:

- Session 1:** Family Bonds and Secure Attachment
- Session 2:** Children's attachment to father
- Session 3:** Secondary attachments in day care
- Session 4:** In-depth questions from the audience



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Register online @

www.iaim.org.au/national-conference.asp

e: support@iaim.org.au p: (02) 6262 4346

A close-up photograph of two newborn babies hugging each other. They are lying on a soft, light-colored surface, possibly a blanket or bed. The baby on the left is slightly behind the one on the right, and they are both looking towards the camera with their eyes closed. The word "Skinship" is overlaid in large, bold, black letters with a white outline on the lower left of the image.

Skinship

The universal language of touch – connecting families, communities & cultures

Join us for this very special conference to celebrate 10 years of IAIM in Australia

Held on the Gold Coast,
September 2012.

Abstracts

Keynote Presentation: **Perinatal depression and anxiety**

AUTHOR

Adj. Associate Professor Stephen Matthey– *A/ Prof. School of Psychology University of Sydney & UNSW, Senior Clinical Psychologist and Research Director Infant, Child & Adolescent Mental Health Service SWS Local Health Network.*

ABSTRACT

This paper will help to capture and explain several key themes and trends in the key areas of interest in the field of infant mental health. Particular emphasis will be given to prevention strategies from a mental health promotion perspective. The paper will include information on work conducted on improving social networking for new mothers; enhancing empathy in mothers and fathers; the impact of improving unsettled sleep in the infant on the mental well-being of mothers, and screening for infant emotional health.



Keynote Presentation: **Interventions to support early relationships: Mechanisms identified within infant massage programs**

AUTHOR

Associate Professor Angela Underdown – *A/ Prof. Public Health in the Early Years, Deputy Director Warwick Infant and Family Wellbeing Unit, University of Warwick School of Medicine.*

ABSTRACT

The sensitivity of early interactions conveyed through eye contact, voice tone, facial expression and gentle touch plays a crucial role in healthy infant development. Infant massage has been adopted as an intervention in the UK because it offers a unique opportunity to support this early interaction. This presentation reports on an evaluation of 8 infant massage programmes each consisting of approximately 6 weekly meetings held in Children's Centres in socio-economically disadvantaged UK communities. Our evaluation was underpinned by a realist approach and 14 mechanisms were identified from theory, research, observation and stakeholders interviews, and a fifteenth evolved from theory and observation during the study. These mechanisms were found to be key to effective support and/or bringing about change to promote the development of sensitive reciprocal interactions.

The evaluation showed considerable variability in the extent to which these mechanisms were available within different programmes. Findings in relation to each of the mechanisms will be discussed and the mismatch between provision and the needs of mothers and infants will be highlighted.



Imagine...if all parents were bonded, attached and emotionally available for their babies

AUTHORS

Jane Debaeker – IAIM Certified Infant Massage Instructor, Registered Nurse, Registered Midwife, Calvary Health Care, ACT

ABSTRACT

A complicated pregnancy, a protracted labour culminating in a caesarean birth under a general anaesthetic, breast feeding problems necessitating prolonged hospitalisation - none of which were part of the birth plan. Any wonder the first time mother in this case study reported feeling disconnected – like a concerned bystander – as her loving husband frantically tried to compensate for her physical and emotional incapacity? By good luck more than good management this young family were invited to a five week massage course provided by instructors educated by IAIM. So, when their son was six weeks old this couple found themselves in a familiar space (the hospital where their son was born), with known instructors/midwives, in the company of seven other young families. Was it the opportunity, the evidence based information, or the research tested massage instruction that made the difference, that this young mother reports as pivotal to the genesis of emotional engagement with her baby?

BIOGRAPHY

Jane Debaeker is a senior Registered Nurse and Midwife at the Calvary Hospital in Canberra. She is also an IAIM Certified Infant Massage Instructor. In 2011 Jane was awarded Midwife of the Year, by the ACT Government for her outstanding commitment to family-centred care to the women, babies and families she works with.



Beyond the baby blues: Mental health in the perinatal period

AUTHORS

Dr Nicole Highet - Deputy CEO, *beyondblue*

Carol Purtell - National Manager for the Perinatal Depression Initiative, *beyondblue*

Rachel Komen - Project Officer for the Perinatal Depression Initiative, *beyondblue*

ABSTRACT

beyondblue research indicates that around 9 per cent of women in Australia experience depression antenatally and this increases to almost 16 per cent postnatally. The prevalence of anxiety disorders are estimated to be even more common. Outcomes from beyondblue national research prompted the development of the National Perinatal Depression Initiative (NPDI-2008-2013) and significant funding from all Australian Governments for its implementation. The NPDI aims to provide better care, support and treatment for expectant/new mothers and their families during the perinatal period. All women will be offered screening for depression and anxiety during the perinatal period using the Edinburgh Postnatal Depression Scale and a psychosocial assessment, by primary maternity health professionals. Midwives, Maternal and Child Health Nurses and Lactations Consultants play a key role in providing primary maternity health care, support and treatment for women and their families in the perinatal period.

This paper will report on the progress on the NPDI including dissemination and implementation of the beyondblue NHMRC Clinical Practice Guidelines for Depression and Related Disorders in the Perinatal Period. Information will be provided on how to access free beyondblue accredited online perinatal mental health training for all primary maternity health professionals. Results of qualitative interviews conducted in 2010 with consumers/carers regarding their experiences of depression and anxiety in the perinatal period and health professional's knowledge and understanding of perinatal mental health will be presented. This qualitative research informed the development of the beyondblue "Just Speak Up" campaign and outcomes of the campaign will be discussed. This paper highlights how research led to a national Initiative and a change in culture, intervention and practice to provide women and their families care, support and treatment in the perinatal period

BIOGRAPHY

This paper is being presented on behalf of the authors by Carol Purtell. Carol is the beyondblue National Manager for the Perinatal Depression Initiative. She is a Registered Nurse with a Masters degree in Social Science (Counselling) and extensive experience in the provision and development of mental health services. Carol is a member of the Expert Advisory Committee that developed the NHMRC draft Clinical Practice Guidelines for Depression and Related Disorders in the Perinatal Period.

Infant massage: What works for whom in what circumstances?

AUTHOR

Associate Professor Angela Underdown - *A/ Prof. Public Health in the Early Years, Deputy Director Warwick Infant and Family Wellbeing Unit, University of Warwick School of Medicine.*

ABSTRACT

Our study aimed to investigate how infant massage programmes may support early parent-infant relationships. We observed 8 programmes each comprising between four and six 90-minute weekly sessions, led by 10 different facilitators. Thirty-nine mothers and babies participated in our study but the variability in the quality of the programmes made evaluation complicated. We therefore used a realist methodology which allowed us to use a range of methods such as interviews with parents and facilitators and video, audio and researcher observations to evaluate 'what worked for whom in under what circumstances'. Case vignettes will be used to illustrate processes and outcomes for participants of infant massage programmes.



Relaxing into parenting: Reducing anxiety during the transition to parenting through enhancing relationships.

AUTHOR

Emma Baldock – RN, RM, *Client Counsellor and Community Development Officer, QEII Family Centre & Canberra Mothercraft Society.*

ABSTRACT

The birth of a first child is a time of major transition for a couple marked by significant changes in the roles and responsibilities of both parents. Relaxing into Parenting arose from two practitioners' clinical practice observations of apparent increasing levels of anxiety in new parents. The program is a primary health care strengths-based approach for first time parents, with the broad aim of reducing stress and anxiety in the transition to parenting.

The program has been conducted in a primary health care setting using a community development approach. The program was advertised through all maternity care providers in both public and private health care settings and general practitioners. Participants were self selecting finding out about the program through ACT Government Intranet, word of mouth through colleagues and friends. The course embodies principles of community development and had a significant impact on strengthening participants' social connectedness in the early postnatal period with previous participants continuing to meet more than twelve months after the course.

An evaluation of a pilot program in 2006, and further research undertaken in 2008 demonstrated participants felt increased confidence in managing the stresses of the transition to parenting, had more knowledge of when and where to seek help and recognised the importance of support in the early parenting period. Program participants were very to highly satisfied with their parenting and had increased their knowledge of newborn development through education. Post-course interviews identified that participants felt the course was worthwhile and had given them valuable additional information to their prenatal education. They identified the relationship education as valuable sessions in the course. All participants stated they would refer expectant couples to the course, and one suggested that it would be a valuable course for young pregnant parents.

Further funding was sought (2010) to build our capacity to support other primary health care organisations offering community health and education to deliver the program with a specific focus on 'in-risk' parents. Funding was also sought to include "Positive Touch" in the postnatal sessions. Infant massage has been shown to significantly improve mother-infant interaction in mothers with postnatal depression and for parents of infants with special needs. Reducing parental anxiety during pregnancy and early parenting has long term impacts on

infant, childhood and adult development. Increasing parental sensitivity to their infants through positive touch may reduce infant stress and crying and improve sleep patterns. Evidence suggests that as a primary health care intervention, Relaxing into Parenting Program is a valuable primary health promoting early intervention program which demonstrates; mind-body interventions, couple relationship and parent infant attachment education incorporating “Positive Touch” show promise for reducing stress and improving the experience of the transition to parenting.

BIOGRAPHY

Emma Baldock is the Client Counsellor and Community Development Officer at the Queen Elizabeth II Family Centre, Canberra Mothercraft Society in Canberra ACT. Emma provides individual and group counselling and education to clients of QEII Family Centre and in partnership with her social work colleague Julia Green, designed and conducted Relaxing into Parenting for expectant parents in the ACT and surrounding region. Emma is committed to the application of research to practice. She is passionate about life-long learning, supporting families to build resilience through family and community networks and supporting professional colleagues in the provision of best practice in women’s health and maternal, child and family health.



Traumatic birth experience: Implications for infant mental health.

AUTHORS

Sue Clay – Social Worker, ACT Health

Julia Green – Social Worker, ACT Health

Ruth Fensom – Social Worker, ACT Health

ABSTRACT

The Social Work Service of the Child Youth and Women's Health Program (in ACT Community Health) provides counselling and support for parents with infants and children up to 3 year old, where stress and/or lack of support interfere with early parenting. In 2009, the social workers noticed a significant increase in the number of referrals for women who were experiencing childbirth related trauma.

The clinical work of these social workers is strongly informed by infant mental health and attachment theories and research. Their concerns increased around the impact of delivery trauma on the developing attachment relationship between mother and infant. The team observed mothers struggling to manage their untreated post traumatic symptoms, and infants, also traumatised by their birth experience, struggling to connect well with their mothers.

The social workers sought feedback on this issue from other clinicians and from clients, and conducted a literature review using interstate and international data. Research found that counselling intervention was effective in reducing symptoms of trauma, depression, stress and feelings of self blame, and enhanced women's confidence around future pregnancies. Fathers who witnessed traumatic birth were also found to need resolution. While parents continue to experience the impact of a traumatic birth, their capacity to build a relationship with their infant can be seriously compromised. This is likely to have a detrimental impact on early infant mental health. Informed by research and clinical practice, the team discussed what they could do to improve the situation for traumatised parents in the ACT.

The resulting work has focussed on three main areas:

- Creating a brochure for parents and service providers on "Coping after a difficult childbirth experience"
- Disseminating information and raising awareness about the implications of childbirth trauma on early parenting and infant's health and wellbeing
- Reflecting on current clinical practices, and working more consciously with issues relating to traumatic birth experiences.

This presentation will overview the work of this Social Work Team in addressing their concerns about the impact of child birth trauma on early infant mental health. They will describe the outcomes so far, and the early evaluation of some of the work they have done in this area. They will also look at ideas and future possibilities, including some suggestions as to how traumatic birth could be better managed over the perinatal period.

BIOGRAPHY

The 3 presenters are all qualified social workers: Sue Clay with a BSocStud & MSW, Julia Green with a BSocStud, and Ruth Fensom with a Cert Community Counselling, BSW and BSc (Health Ed.). They have worked with families over many decades and in a diverse range of services, including child protection, substitute care, community development, rehabilitation, women's refuges and domestic violence, women's health, disaster recovery, tertiary education, research and policy development. The presenters have a combined total of 25 years experience in their current work in infant and perinatal mental health in a community health setting. They are strongly committed to helping infants and babies to get the best start in life.



Workshop: **Baby strengths: Understanding baby behaviours, nurturing healthy bonds.**

AUTHORS

Jan Player – Staying Attached Program, Anglicare SA

Jo Press – Coordinator Family Support Programs, Anglicare SA.

ABSTRACT

This highly interactive workshop aims to provide participants with an opportunity to understand the origins of Baby Strengths Cards and will also allow participants to experience and consider the many uses of conversation building tools in developing and nurturing early caregiving relationships. There will be opportunity for participants to reflect, share inspirations and rediscover the creativity in their personal and professional lives.

BIOGRAPHY

Jan Player Is an experienced Family Support Worker with Anglicare’s Family Support Program. Jan also works within Anglicare’s early intervention Staying Attached Program. Jan is passionate about working with families to acknowledge their strengths and develop healthy attachment relationships. Jan is the author and illustrator of ***Baby Strengths*** an innovative new resource for working creatively to nurture early caregiving relationships.

Jo Press is coordinator of Anglicare’s Family Support Programs Including Anglicare’s early intervention Staying Attached Program. For over 35 years the Family Support Program has been at the forefront of a strengths-based, solution focused approach in working with families. Jo has a passion for creatively using tools to connect and build relationships with families while supporting them to identify their strengths and provide opportunities for self reflection, development and ultimately implement positive change in their lives.



Notes

Notes

For the Love of Kids

The moving, joyful, and often heart-wrenching memoir of an Australian mother, that will leave you astounded.



Discover why this book is now included on the recommended reading list for final-year Social Work students at James Cook University.

For the Love of Kids is a memoir of the extraordinary life of an ordinary Australian mother. Rosemary Iloste shares the every-day highs and lows, joys and heartaches, achievements and disappointments that so many parents experience. What is unusual about Rosemary is that many of the children she has raised were foster children, often experiencing disabilities or psychological trauma.

Her compassion and empathy for the children she cares for is a thread that runs through this engaging book. Rosemary's ability to demonstrate the flaws that exist in our approaches to child protection offer an insider's view on what can be done make a difference in children's lives. Described as "moving" and "transformative" by Beth Tinning (Department of Social Work & Community Welfare, JCU), this book is a must-read for any person working with children or their families in any context.

Rosemary,
Your book is amazing. I have been reading a little bit each night, and am quite overawed, not by the great or fancy prose but the simple scale of what you have achieved and probably still are achieving. Raising children is mostly about the day to day dedication and loving way endless and demanding needs are met, and you don't have to read far between the lines to see how tireless, resilient and determined you have been.

Steve Biddulph

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or online from www.iaim.org.au



The International Association of Infant Massage, Australia Inc.
~ Touching Hearts, Connecting Families, Changing Lives ~

Our vision is that, one day, all children and their parents will experience the life-long benefits that come from having early relationships that are loving, healthy and secure.



A young mother sat in the dirt with her baby across her knees, lovingly massaging him and singing. As I watched her, I remember thinking, there is so much more to life than material wealth. She had so little, yet she could offer her baby this beautiful gift of love and security...

I thought about all the children I had known [in the orphanage] and how loving, warm and playful they were in spite of their so-called disadvantages. They took care of each other and they accepted this responsibility without reservation. Perhaps, I thought, they are able to be so loving, so relaxed and natural because they have been loved like this as infants...

IAIM Visionary, Humanitarian & Founder - Vimala McClure

www.iaim.org.au



IAIM Australia is an endorsed Health Promotion Charity and Official Partner to the World Health Organisation Maternal, Newborn and Child Health Program. All gifts of \$2 and over are fully tax-deductible and help us to continue our life-changing work with babies and their families.

