

# HELLO EVERYONE

*From the makers of  
'Getting to Know You' and 'Hello Dad'*



# HELLO EVERYONE!

*Let's play*

Communication and social  
interaction from 4 to 16 months

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the film*







- Empathy = the ability to recognize and share the feelings of others
- a crucial human quality
- Only learnt through relationships
- Old view “ unless you love yourself no one else will love you”
- But we are social mammals so
- Real view “ you can’t learn to love (yourself or anyone else) unless you have been loved



- ◆ Secure attachment is fundamental to brain development (Shore 1997)



- ◆ Forming a relationship is the first developmental task for all humans



- ◆ Attunement between infant and care-giver is the building block of attachment relationships  
(Crockenberg & Leerkes, 2000)

# Natural process of attunement is influenced by a multitude of factors:



- ❖ Individual characteristics of the baby
- ❖ Parents own experience of childhood
- ❖ differing cultural, social and economic circumstances of the family



- ◆ No one set of rules define how parents and babies should interact or how relationships should develop



- ◆ But attunement is strongly affected by the practical early experiences parents have with their new baby

# Self Reflective Capacity and Mentalisation

*“The reflective self plays a central role in parenting. The infant is as helpless physically as mentally.....Attunement requires an awareness of the infant as a psychological entity with mental experience. ....The child’s reflective self develops in response to the psychic capacity of the caregiver.”*

- (Fonagy 1991, 1998)

- ◆ Knowledge about infant capacities has been around in professional literature since 1970's
- ◆ However clinical and personal experiences indicated it has not been well understood by the general public



# What does all this mean?

- We need to share this information with families, staff who work with children, managers who plan services, politicians who enact policy
- We as a society need to put this important knowledge into practice

# Modes of Intervention

- ❖ Population based or targeted
- ❖ Supportive interventions – including concrete assistance and parent infant groups
- ❖ Psycho-education – individual or group
- ❖ Brief crisis intervention
- ❖ Psychotherapeutic interventions
  - Dyad, triad, family
  - Individual
  - structured or manual based/experiential

# When to Educate Parents?

- ◆ Antenatally
- ◆ Immediately after birth in hospital
- ◆ Postnatally
- ◆ Both antenatally and postnatally
- ◆ One off session or multiple sessions?



# Brain development

Your child's first years... more important than you ever thought



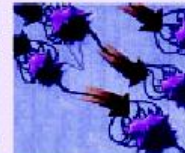
## The first three years are critical for brain development



Your baby is born with all the brain cells ever needed **BUT...** how these cells connect is determined by the baby's experiences in their first few years of life.



Brain cells at birth



Brain cells connecting



## Good nurturing creates the foundation for brain development



- The way you speak, handle and respond to your baby shapes the structure of your baby's brain.
- There are windows of opportunity for the development of certain brain functions e.g. speech, attachment, emotions.
- These critical periods appear to sit within the first three years.



## What should parents do



- Recognise that the first three years are the most significant for development.
- Talk to, touch, play and read to your children right from the start.
- Nurture your children from birth (and even in the womb).. you can't always wait for later...



- ◆ Film was the medium chosen because:
- ◆ It allows for behaviours to be modelled without undermining a parent's sense of competency or contact with their infant
- ◆ It provides an engaging and accessible medium for families



# To Date:

- ◆ Getting to Know you Film
- ◆ Extended version of Getting to Know You with Manual
- ◆ “Hello Dad” (Father’s version )
- ◆ Extended Version of Hello Dad
- ◆ Hello Everyone (2 parts)

# Hello Everyone - Key Messages

Same as previous films

Additionally aims to show  
interdependence of skill  
development

Understanding what all this  
means from the developmental  
perspective of the baby

# Hello Everyone - Film Content

Overall topics covered include:

- ❖ Mind-mindedness
- ❖ Sleep
- ❖ Introduction of Solids
- ❖ Clingy Behaviour
- ❖ Separations
- ❖ General Development



NB New dad's extended segments explore feelings about being a parent

# Infant Parent Interaction

- ◆ attunement
- ◆ sensitive responsiveness
- ◆ Intersubjectivity
- ◆ mutuality
- ◆ enjoyment
- ◆ insensitivity:
  - ◆ intrusiveness
  - ◆ detachment
- ◆ non-contingent behaviours
- ◆ parental dissociation
- ◆ cruelty, neglect, abuse

# Film Content

Overall topics covered include:

- ◆ Mutual Gaze
- ◆ Tired Signs
- ◆ Regulation
- ◆ Touch and communication with the body
- ◆ Speech and Turn taking
- ◆ Facial Expressions

NB New dad's extended segments explore feelings about being a parent



