

Helping parents find their way with their new baby

Presented by Dr Julie Stone
Infant, Child & Family Psychiatrist

Radiance Nourish: Life, Health & Growth
Southwest Perinatal and Infant Mental Health Symposium
18th February, 2023
Busselton

Try

we start stark naked
try to breath
we chafe against
tapes tied to wrist and ankle
we feel our body
bound to stop the leaks
we learn to try to hold it all together
to keep on
breathing chafing leaking
while
holding spinning weaving
one stitch at a time
until our shroud is done

Christine Hill, 2022

“The greatest need of a child is to obtain conclusive assurance (a) that he is genuinely loved as a person by his parents, and (b) that his parents genuinely accept his love... Frustration of his desire to be loved as a person, and frustration of his desire to have his love accepted, is the greatest trauma that a child can experience.”

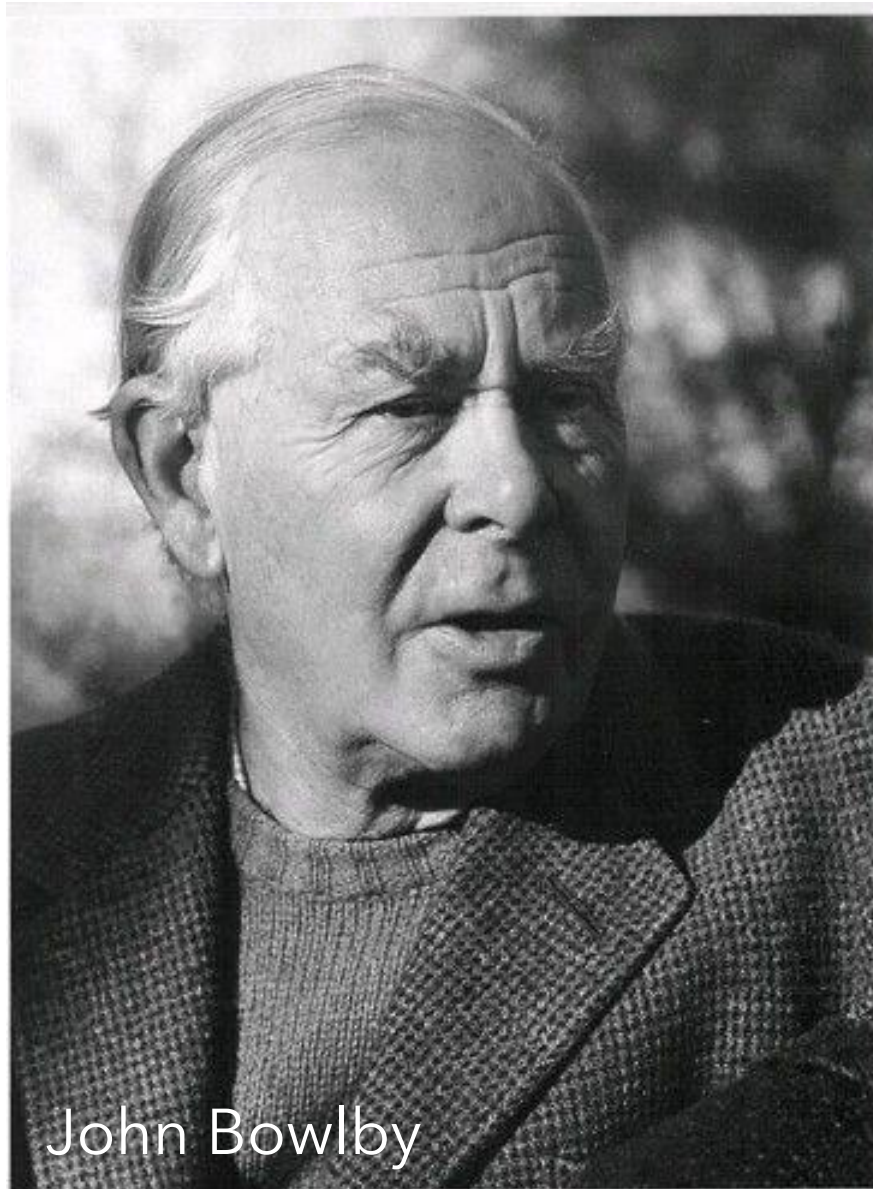
(Fairbairn, 1952)

“The behaviour of parents, and of anyone else in a care-giving role, is complementary to the child’s behaviour. The roles of the parent/caregiver are first *to be available and responsive* as and when wanted, and secondly, *to intervene judiciously* should the child or older person who is being cared for be heading for trouble. Not only is it a key role but there is substantial evidence that how it is discharged by a person’s parents determines in great degree whether or not he grows up to be mentally healthy.”

Bowlby, 1977

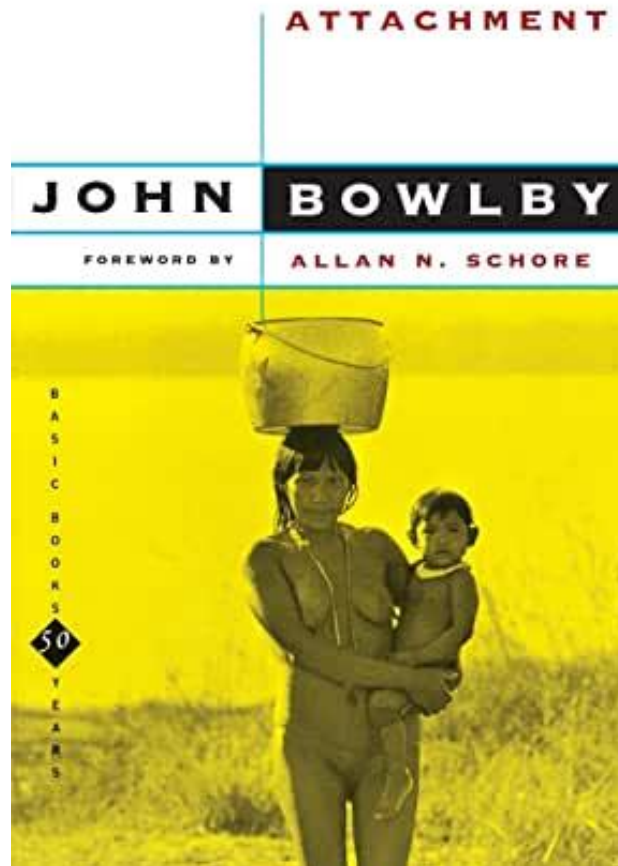
Parenting is not simply a set of skills or ideas.

Parenting is not something that is done *to* children, it comes from a relationship *with* children.

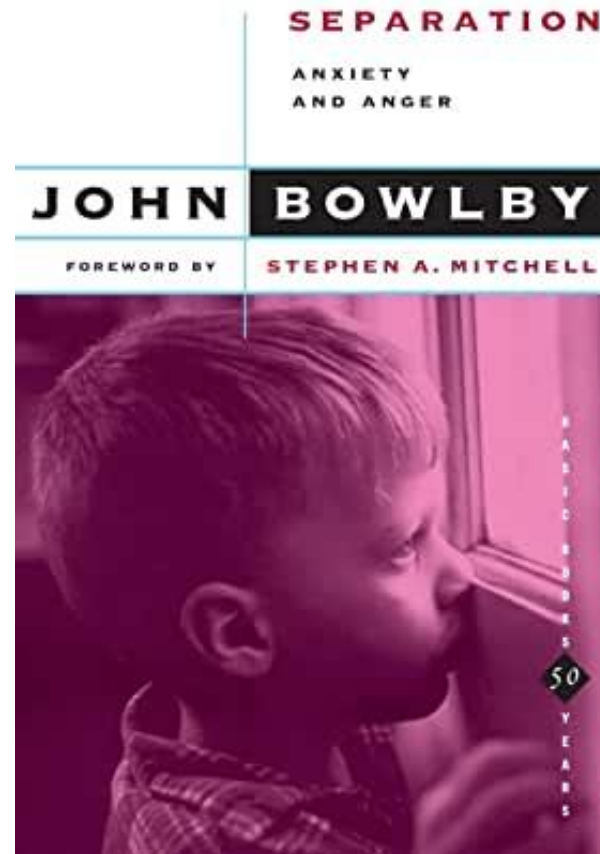


John Bowlby

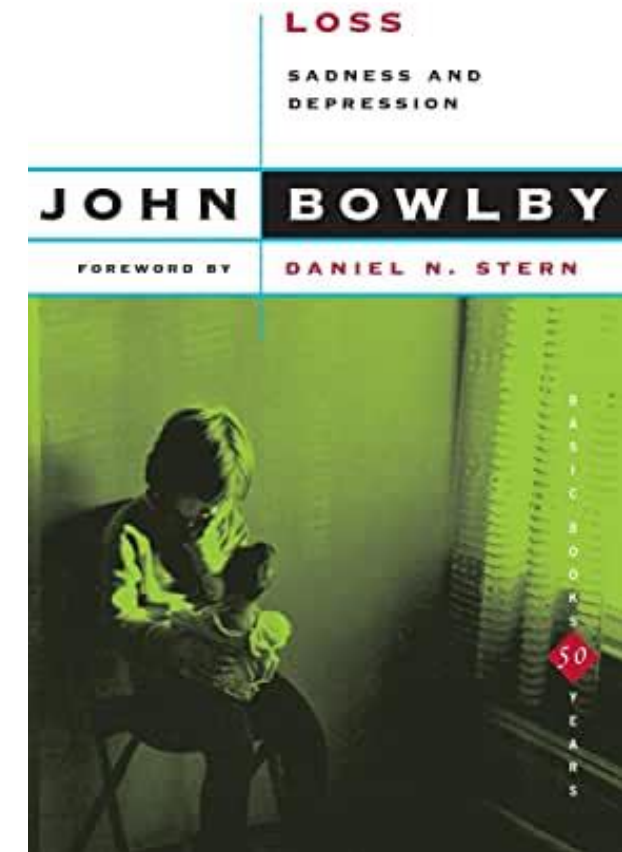
"One of the most influential books of the century." —Stephen A. Mitchell



VOL II OF BOWLBY'S ATTACHMENT AND LOSS TRILOGY



VOL III OF BOWLBY'S ATTACHMENT AND LOSS TRILOGY



Attachment, Separation & Loss, 3 Volumes by Bowlby's Theory, published by Basic Books



Donald
Winnicott

The CHILD, the FAMILY,
— and the —
OUTSIDE WORLD



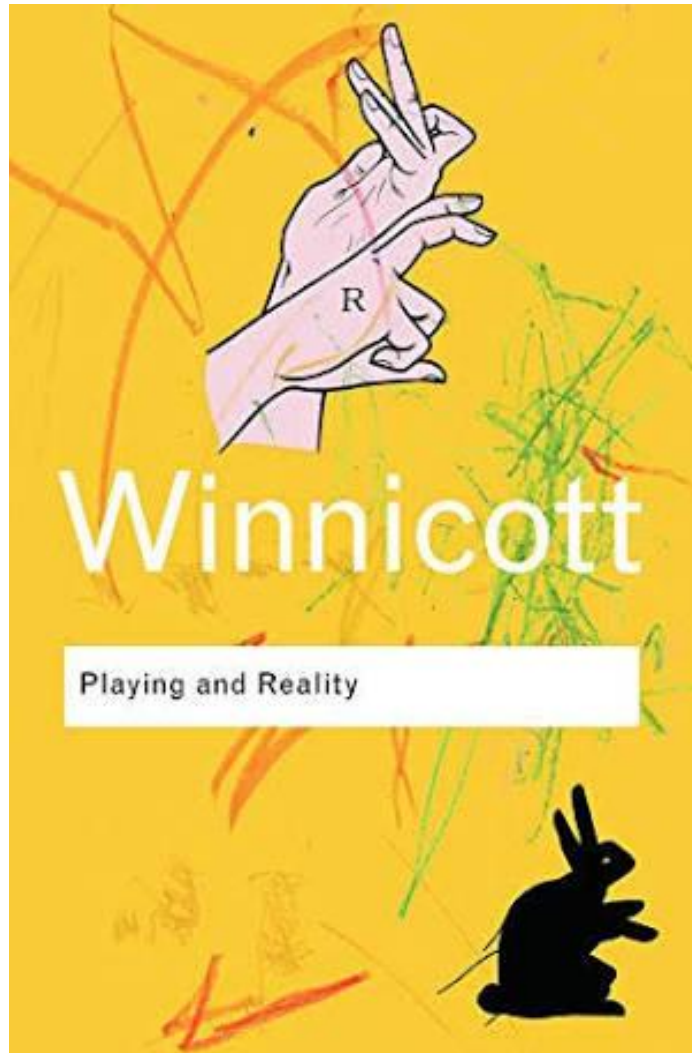
D. W. WINNICOTT

Introduction by Marshall H. Klaus, M.D.

**The Child, The Family And The Outside
World (Classics in Child Development)**

D.W. Winnicott

Published by Penguin, December 21, 1992



**Playing and Reality (Routledge Classic)
2nd Edition**

D.W. Winnicott

Published by Routledge, January 2005



Frances Thomson Salo

The Baby as Subject

Clinical Studies in Infant-Parent Therapy



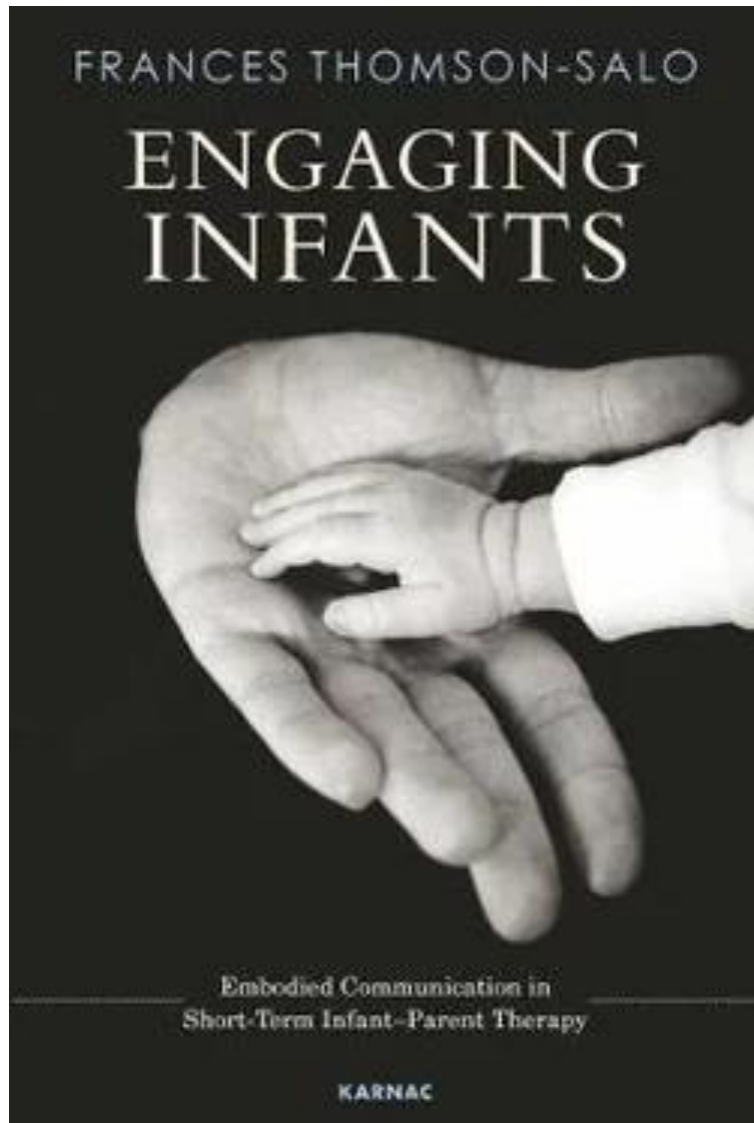
Edited by
Campbell Paul and
Frances Thomson-Salo



The Baby as Subject: Clinical Studies in Infant-Parent Therapy

Edited by Frances Thomson-Salo & Campbell Paul

Published by Karnac (now Routledge), 30th
October 2013



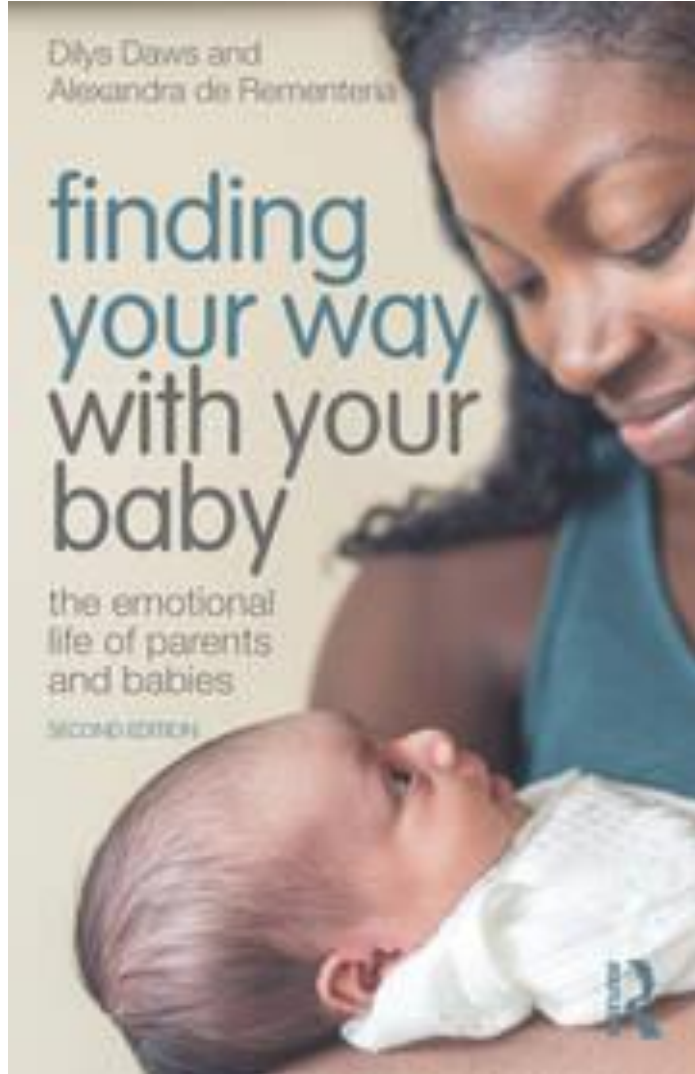
**Engaging Infants: Embodied
Communication in Short-Term Infant-
Parent Therapy**

Frances Thomson-Salo

Published by Karnac (now Routledge), 2018.



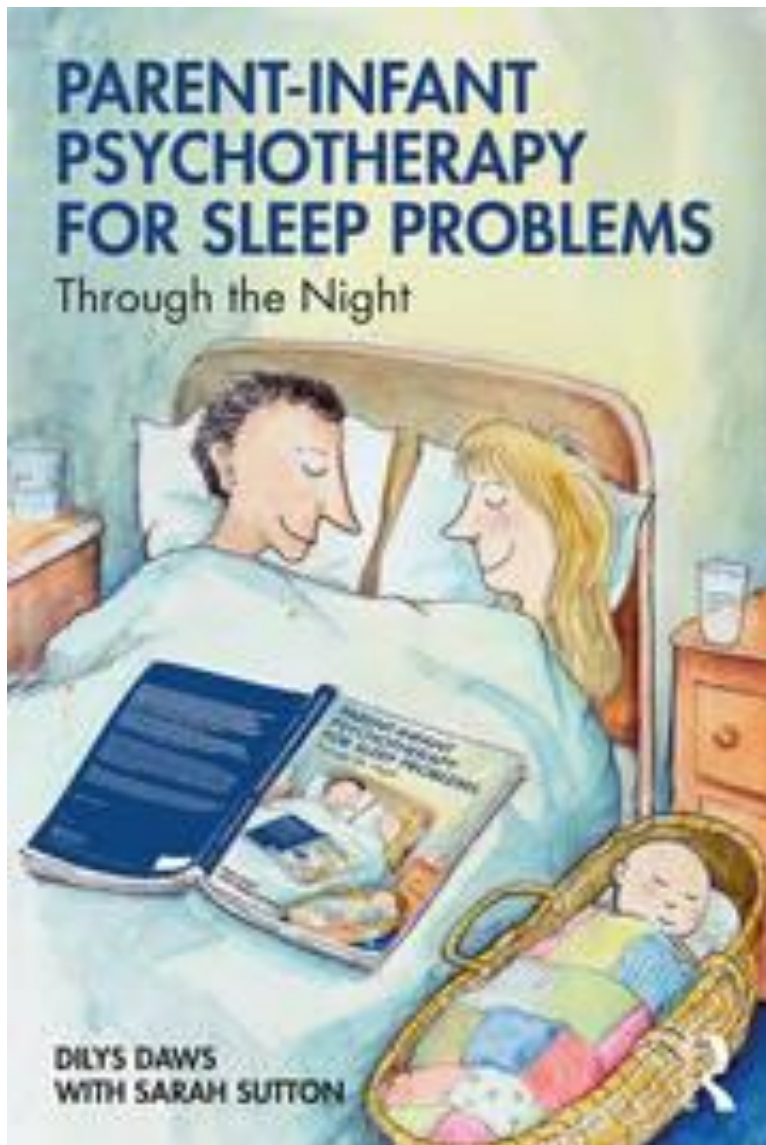
Dilys Daws



Finding Your Way with Your Baby
The Emotional Life of Parents and Babies
2nd Edition

Dilys Daws & Alexandra de Rementería

Published by Routledge, September 9, 2021



**Parent-Infant Psychotherapy for Sleep Problems
Through the Night**

Dilys Daws, Sarah Sutton

Published by Routledge, 2020

Quietly Subversive
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DILYS DAWS



BY DILYS DAWS WITH MATTHEW LUMLEY


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of Dilys Daws**

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Published by Routledge, September 22
2022



Juliet Hopkins



**An Independent Mind:
Collected papers of Juliet Hopkins**

Edited by Ann Horne & Monica Lanyado

Published by Routledge, June 5, 2015



Alicia
Lieberman

"Alicia Lieberman is a toddler-whisperer." — DANIEL J. SIEGEL, MD

ALICIA F. LIEBERMAN

The Emotional Life of the Toddler

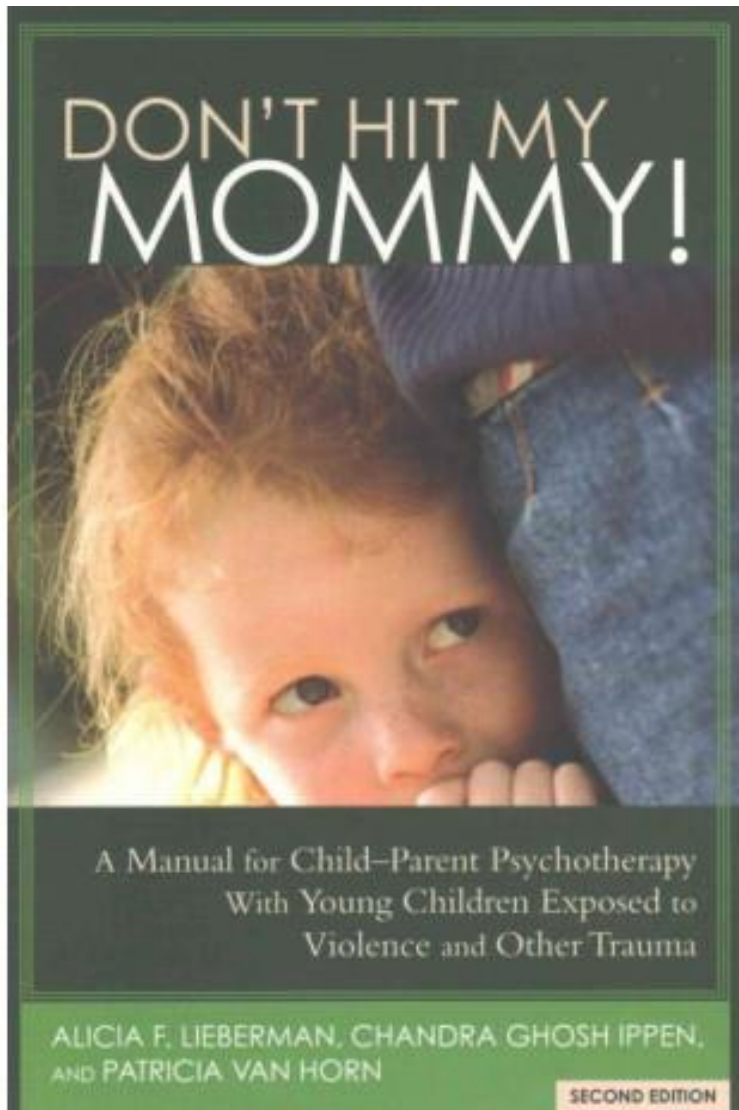
"An elegant book, filled with wonderful examples
and clear insights." —T. BERRY BRAZELTON, MD



The Emotional Life of the Toddler

Alicia Lieberman

Updated and expanded edition published
by Simon & Schuster, December 12, 2017

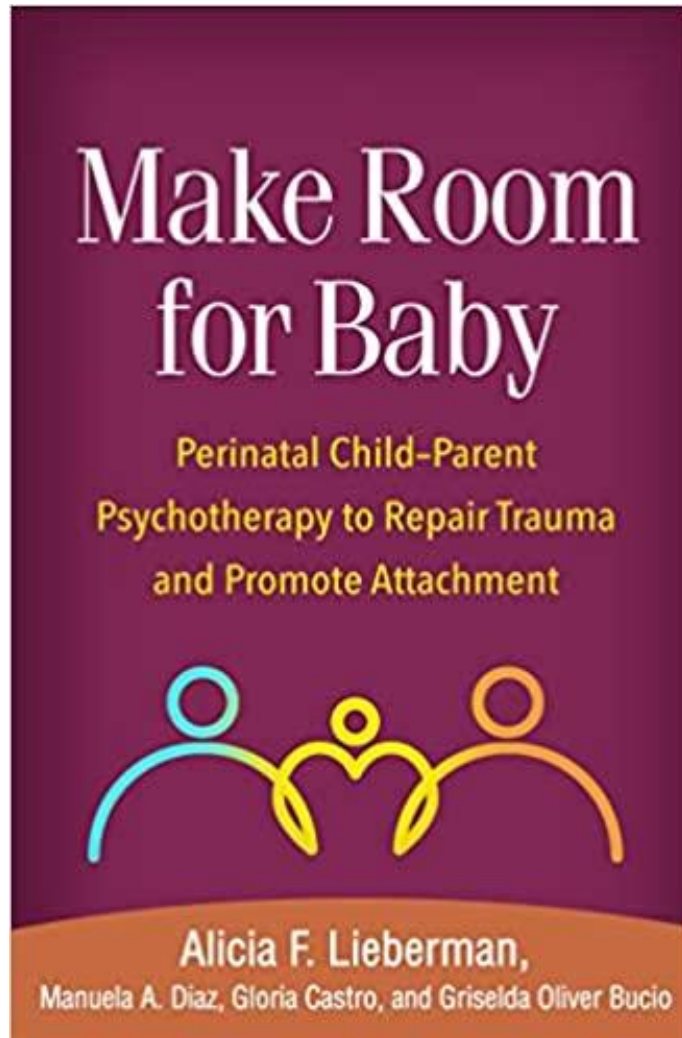


Don't Hit My Mommy

A Manual for Child-Parent Psychotherapy With
Young Children Exposed to Violence and Other Trauma
2nd Edition

Alicia Lieberman, Chandra Ghosh-Ippen & Patricia Van Horn

Published by National Centre for Clinical Infant Programs
3rd December 2015



Make Room for Baby: Perinatal Child-Parent Psychotherapy to Repair Trauma and Promote Attachment

Alicia Lieberman, Manuela Diaz, Gloria Castro & Griselda Bucio

**Paperback edition published by Guilford Press
November 2022**