**IMH WORSKHOP 9 FEB 2024**

**CONTENT**

1. Nicki Dawson: **Sensitive Responsiveness**: **The building blocks of attachment**

Evidence-Based Interventions to Promote Sensitive Responsiveness

* International Child Development Programme
* Booksharing
* Circle of Security Parenting
* Video Feedback Interventions
* Other examples of application: VUNA, consultation services, etc
* all underpinned by promoting child-led interaction, with then additional components such mentalizing, insight building etc.
* a focus on responsivity in intervention will be the central thread, then briefly talk through the various interventions that use this locally and internationally.
1. Salisha Maharaj**: Newborn Behavioural Observation (NBO): building the parent-infant relationship by meeting the infant’s unique developmental needs.**
* The Newborn Behavioural Observations (NBO) system is a relationship-based tool that offers individualized information to parents about their baby's communication strategies and overall development.
* The overarching purpose of the NBO is to strengthening the parent-infant relationship
* The NBO describes the infant's capacities in such a way that the parents can begin to see their baby as a person.
* The NBO can assist parents to understand and respond to their baby in a way that meets the baby's unique developmental needs.
* Health professionals can use the NBO to assess and assist babies to regulate physically and emotionally when they require a vaccination or another medical procedure.
1. **Juane Voges:**

**Watch, Wait, and Wonder: An Infant-led Approach for Working with Infants and Their Parents**

* The workshop will provide an overview of the Watch, Wait and Wonder (WWW) technique, which can assist parents who experience difficulties in their relationships with their infants and young toddlers.
* Although the infant may be the focus of clinical concern, too often the actual focus of treatment is the parent – usually the mother. WWW aims to place the infant at the centre of the therapeutic intervention through the infant’s activity.
* WWW helps parents to adopt a different way of being with and experiencing their infants in order to promote parental responsiveness and attunement to their infants’ needs.

Health care workers can use WWW as an approach to provide parental guidance and education around the needs and behaviours of infants.