

Workshop C: Supporting the Parent-Child Relationship

1. What about the other parent? The importance of including non-birthing parents in infant and child healthcare

Presenter: Nina Thomsen

This presentation will discuss individual health visits with the non-birthing parent that are currently offered within the national child health care program in Sweden when the child is 3-5 months. This model for conducting individual parental conversations with the non-birthing parent was developed and introduced in 2018 as a result of a mission initiated by the national working group for child health care. The parent's relationship is the child's most important psychological environment. The child health care mission is to support the child's health and development and to provide parenting support, individually and to the parental couple. Alongside the individual health visits for parents, two visits are intended to discuss co-parenting issues with the parents together. Traditionally, the focus has been on supporting new mothers but research shows that the quality of the co-parenting relationship has an impact on children's health and wellbeing. The non-birthing parents' engagement in parenting has implications for the co-parenting relationship as well as directly for children's health and wellbeing. The aim of the Swedish child health care services is to support these processes.

2. The Alarm Distress Baby Scale and Understanding Your Baby in Denmark

Presenter: Mette Skovgaard Væver

The Alarm Distress Baby Scale (ADBB) is used for identifying persistent social withdrawal in infants aged 2-24 months as an indicator of emotional distress in infants and young children. Early social withdrawal is associated with long-term emotional and behavioural problems in children as well as impaired cognitive and language development. In this presentation, Dr. Mette Væver will discuss early identification of risk using the ADBB and how the ADBB observation in primary care provides a unique context for health visitors supporting parenting skills to use a newly developed universal program called Understanding Your Baby. The ADBB is implemented in 80% of Danish municipalities and during ADBB trainings, health visitors have expressed a need for additional training to further develop their language and vocabulary to better describe the infant's socioemotional cues and behaviour to families during the ADBB observations. This led to the development of the Understanding Your Baby program.

3. The Attachment and Biobehavioral Catch-up (ABC) Programme in Norway

Presenter: Hans Bugge Bergsund

This presentation will discuss the Attachment and Biobehavioral Catch-up (ABC) which is an evidence-based parenting program based on home visits. The ABC programme helps parents respond sensitively to their young children, support their development and build healthy parent-child relationships. The presentation will review research findings from the US and Norway about the ABC programme, discuss participants' and clinicians' experience with the programme and share insights gathered from the implementation in Norway.

