


Supporting the Parent-Child Relationship: The Alarm Distress Baby Scale (ADBB) and the Universal Parenting Program Understanding Your Baby (UYB) in Denmark

Mette Skovgaard Væver, Professor, PhD
Centre for Early Intervention & Family Studies (CIF)

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Putting infant socioemotional development on the agenda in primary care in Denmark: Implementing the ADBB

- In Denmark special trained nurses (home-visitors, HV) visit all families (98 %) 3-4 times during the infant's first year
- The HVs are educated in evaluating infant physical and motor development, advising parents about feeding, sleeping etc.
- In Denmark (and many other parts of the world) socio-emotional development is held under informal and non systematic surveillance .
- The ADBB is a validated observational tool for detection of infants' difficulties in engaging in social interaction, i.e. infant social withdrawal



Infant social withdrawal - a risk factor for infant socio-emotional development

Infant social withdrawal has been found to be related to:

- Diminished cognitive and language development at 2½ years (Mine et al., 2009)
- Diminished social and communicative development at 2½ years (Mine et al., 2009)
- Attachment disorders at 3 years (Guedeney 2000; Zeanah et al., 2000; Guedeney et al., 2013)
- Behavioral disorders at 5 years (Guedeney et al., 2013)

May indicate autism spectrum disorders

The Alarm Distress Baby Scale (ADBB, Guedeney & Fermanian, 2001)

- Facial expression
- Eye contact
- General level of activity
- Self-stimulating gestures
- Vocalizations
- Briskness of response to stimulation
- Capacity to engage a relationship
- Capacity of the child to attract and maintain attention


- Developed to be used in various settings, e.g. routine pediatric examinations, where a clinician is interacting with the infant
- 8 behavioral items rated 0-4 (total score, range 0-32)
- Scoring is based on observations of minimum 5 minutes (10-15 minutes is recommended)
- Higher scores reflect higher levels of social withdrawal
- Age range: 2-24 months.
- Cut-off: 5 (which has been validated in several studies, however the cut-off in Dk is something we will look into in the near future)
- A positive score must be validated in a second screening (with in 1-2 weeks) to be considered to reflect social withdrawal.

The ADBB training program for clinical use in primary care

Consists of

- a 2-day seminar,
- 3 x 2 hours of supervision and
- a reliability test.

The full training lasts approx. 3 months




Hands on coding already from day 1 - by coding of videoclips in plenum and individual coding of videoclips during the seminar

The need for more knowledge and larger vocabulary

During ADBB trainings HV's expressed a need for more extensive training and a systematic tool

- to enlarge their vocabulary and support their ability to describe the infant's socioemotional cues and behavior during the ADBB
- and thereby share knowledge with the parents about the early socioemotional needs of the infant and how to meet these needs.




Understanding Your Baby:
Expanding the ADBB observation in to a universal intervention

The routine ADBB observational situation = unique standardized setting for a systematic sharing of knowledge and a dialogue with parents about their infants' socio-emotional cues, needs and development in all families

This dialogue takes place in all cases whether or not the ADBB gives rise to a concern regarding the infant's socio-emotional development.

Based on a grant from The Nordea Foundation we initiated a project




Understanding Your Baby Project (UYB, 2019-2023)
Overall aim:
To support infant socioemotional development by increasing parents' abilities at perceiving, understanding, and sensitively responding to their infant's socioemotional signals during the first year of life.

- A) In collaboration with HVs develop the UYB intervention
- B) Train 230 health visitors in 10 municipalities
- C) Evaluate the implementation of the UYB in primary care - Feasibility and acceptability


- A) Develop a videolibrary and Understanding Your Baby on SoMe platforms (Facebook and Instagram)
- B) Evaluate parental experience of videolibrary and SoMe platforms

Test the effect of UYB as a universal intervention aimed at first time parents in a controlled parallel group design compared to care as usual.
1300 infants and their parents will be included in the study


Understanding Your Baby: The Materials



Manual



Online video library & SoMe (FB and Instagram)
<https://forstaadinbaby.dk/videotek>
@forstaadinbaby



ADBB-Dialogue card

The Understanding Your Baby training program

Consists of



- 1) a 2-day seminar,
- 2) 2 x 3 hours of supervision and
- 3) a written assignment.

The full training lasts approx. 3 months



Hands on training already from day 1 - by coding of videoclips using the ADBB and discussing how to share knowledge and support the parents based on the observation in plenum.

Understanding Your Baby Manual: Sharing research based knowledge with parents during the ADBB observation





Understanding Your Baby Manual Content:

The UYB manual entails 4 age specific chapters, that include

- An overview of research-based knowledge about infants' socioemotional development and needs across four age groups (0-2, 2-4, 4-8 and 8-12 months) in regard to
- Five central behavioral areas inspired by the items from the ADBB:
 - Facial expressions (item 1),
 - Eye contact (item 2),
 - General level of activity (item 3),
 - Vocalizations (item 5),
 - Relationship and Attraction of Attention (items 7 and 8)

The YUB manual entails 3 chapters covering more general themes:
Crying, Being Good-Enough and Screen-time



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ADBB-dialogue card: Front

Just as the HV uses a weight to weigh the baby and a measuring tape to measure the baby – the HV brings out the dialogue card when the ADBB observation is conducted.

The front of the dialogue card must be used at every ADBB observation to introduce and make it concrete that now it is the socioemotional development of the infant that is on the agenda in the HV visit.

The front is used for:

- Speaking with the parents about their experiences of their infant's socioemotional development
- Speaking out the behavior of the infant during the ADBB observation and translating this into mental states of the infant

Social og følelsesmæssig kontakt

Øjenkontakt
Tilføjer god og negativ følelsesmæssig kontakt? Tager forældrene hensyn til øjenkontakt?

Ansigtsudtryk
Hvordan reagerer barnet på sine ansigtsudtryk?

Lyde
Hvordan bruger barnet sine lyde til at kommunikere og udtrykke følelser?

Bevægelser
Hvordan bruger barnet sine bevægelser til at kommunikere og udtrykke følelser?

Relation og opmærksomhed
Hvad gør barnet for at bevare sin kontakt? Hvordan engagerer barnet sig i interaktion?

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ADBB-dialogue card: Back

The backside of the ADBB-dialogue card gives concrete advice in regard to how parents may support infant development in regard to the five ADBB items

The back may be used in cases such as:

- The infant scores more than 0 on the ADBB
- The parents have questions
- The parents may profit of more knowledge and information

Sådan støtter du din babys udvikling

Øjenkontakt
Opfordrer gerne barnet til øjenkontakt og reagerer positivt på øjenkontakt? Husk at smile og se direkte på barnet. Det hjælper barnet på at se dig og være tryk ved dig.

Ansigtsudtryk
Du skal smile og se direkte på barnet for at give barnet de bedste betingelser for at udvikle sine sociale og følelsesmæssige kompetencer. Husk at smile og se direkte på barnet.

Lyde
Tilføjer gode lyde til at kommunikere og udtrykke følelser? (Gode lyde er bløde, trykfulde og udtryksfulde). Husk at se direkte på barnet og lytte til barnet.

Bevægelser
Barnet bruger sine bevægelser til at kommunikere og udtrykke følelser. Husk at se direkte på barnet og lytte til barnet.

Relation og opmærksomhed
Tilføjer gode relationer og opmærksomhed til barnet? Husk at se direkte på barnet og lytte til barnet.

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Understanding Your Baby videolibrary and So-Me platforms



- Videos categorized into the four age groups according to the manual, i.e. 0-2, 2-4, 4-8, and 8-12 months.
- Inform parents about their infant's socioemotional needs and development.
- All videos contain clips of real parent-infant interactions exemplifying the socioemotional needs described by the speaker.
- All videos have English subtitles.
- On the so-me platforms, parents can find research-based knowledge about child socioemotional development and parenting related to the first year of life and engage in Q&As.

Online video library & SoMe (FB and Instagram) [@forstaadinbaby](https://forstaadinbaby.dk/videoetek)

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HVs use of the Understanding Your Baby

1. Every time an ADBB observation is conducted it is mandatory for the HV as a minimum to...
 1. Use the front of the ADBB-dialogue card as an introduction to the ADBB observation
2. Engage in a dialogue with the parents about their infant's socioemotional development, i.e. describing in a mentalised way the infant's concrete behavior during the ADBB observation (- that is sharing knowledge from the training + manual)
 - a) What does the baby do and what is he/she trying to tell us?
 - b) How can you as a parent support your baby's development?
 - c) Why is it important?
3. Inform the parents of the videolibrary and the So-Me platforms

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Understanding Your Baby: The Future

Protocol paper will be published (submitted)
Data collection will be completed by November 2022
Analysis of Outcomes will be initiated

Acta Psychologica

How are mothers negatively affected and supported by following parenting related language practice? A mixed methods study

Mia Eggen, Mette Thue Rugh, Anne Christine Hviid, Tine Wold Hviid, Eva Beck Hansen, Mette Bergsgaard Torvik

Infant Behavior and Development

A longitudinal examination of daily accounts of screen time and verbalizations in infants aged 2-11 months and associations with maternal socio-demographic factors

Mette Thue Rugh, Mia Eggen, Anne Christine Hviid, Eva Beck Hansen, Tine Wold Hviid