

Session 4:

Growing Social & Emotional Wellbeing: Strengthening Early Relationships and Attuned Practice



Blackpool Teaching Hospitals
NHS Foundation Trust





The Story of BEAR

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Dr Nicola Canale
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Building **E**arly **A**ttuned **R**elationships

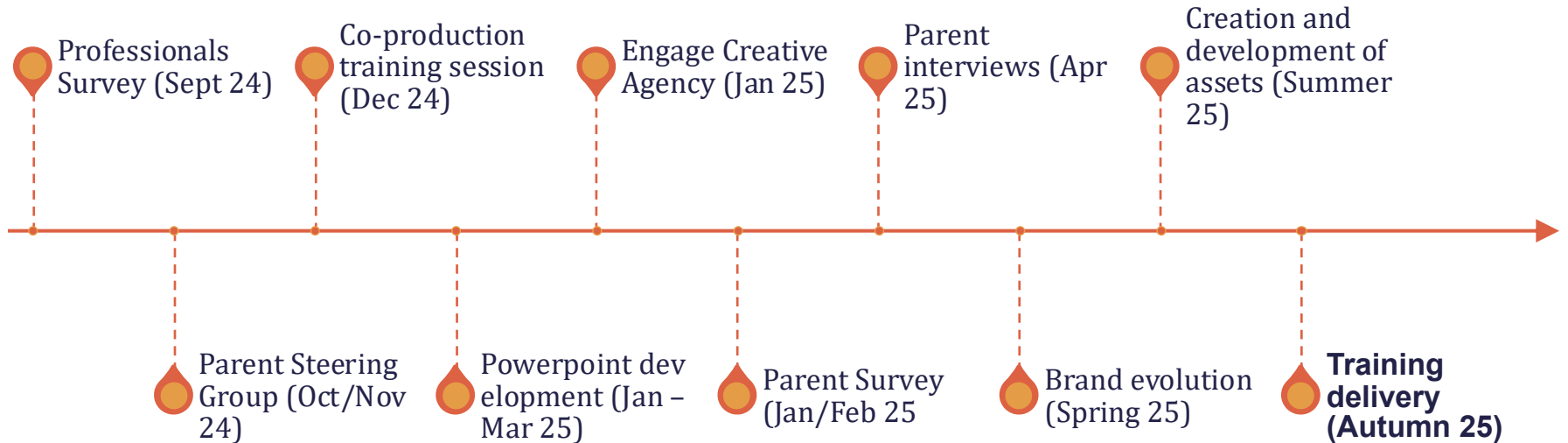
Building Early Attuned Relationships



Co-production



Timeline of activity



BEAR

<https://youtu.be/z9L8lylGEsY>

Baby Voice

- NBO training
- Pledge for babies
- Baby friendly assets
- Interactive asset (lullaby)
- Using baby voice where possible



Talking Baby at 3 Months Old

Share

MORE VIDEOS

0:01 / 5:20 • Intro

YouTube

The Watson!

The video player shows a woman in a red top looking at a baby in a blue shirt. The video title is "Talking Baby at 3 Months Old". The player includes a "Share" button, a "MORE VIDEOS" button, a progress bar at 0:01 / 5:20, and the YouTube logo. A small logo for "The Watson!" is visible in the bottom right corner of the video frame.



Introducing...

ARTH



BEAR

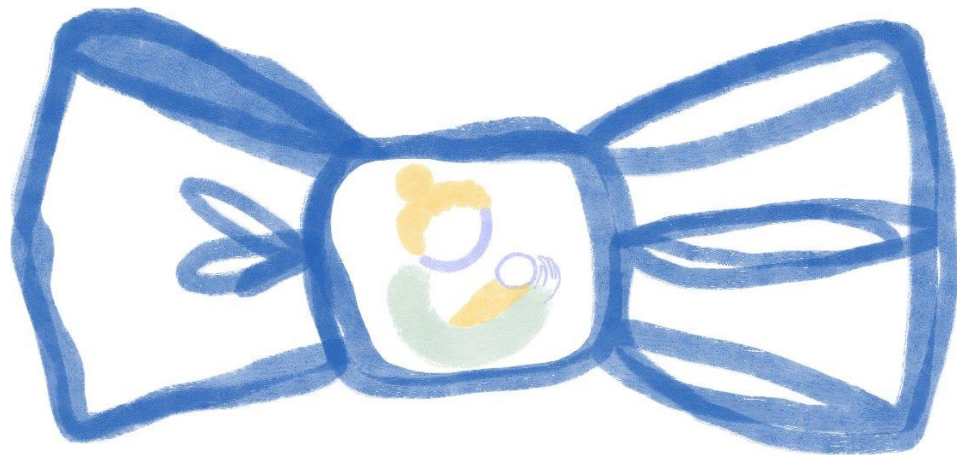


BEAR

Structure...

**Baby &
Caregiver**

Baby



Caregiver



Principles of Attunement

Topics...

Guiding & Supporting



Make suggestions



Provide help



Offer Choices



Give information

Attuned Together



Co-operating



Equal turn taking



Have fun



Short turns

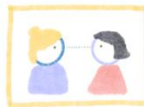


Check for understanding

Receiving



Nodding



Eye-contact



Receive with friendly words



Repeating



Show you noticed



Smile

Encouraging



Warm & friendly



Wait



Be playful



Listen



Name what you notice

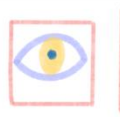
Being Attentive



Turn towards



Friendly posture



Look interested



Give time



Give space



Wonder

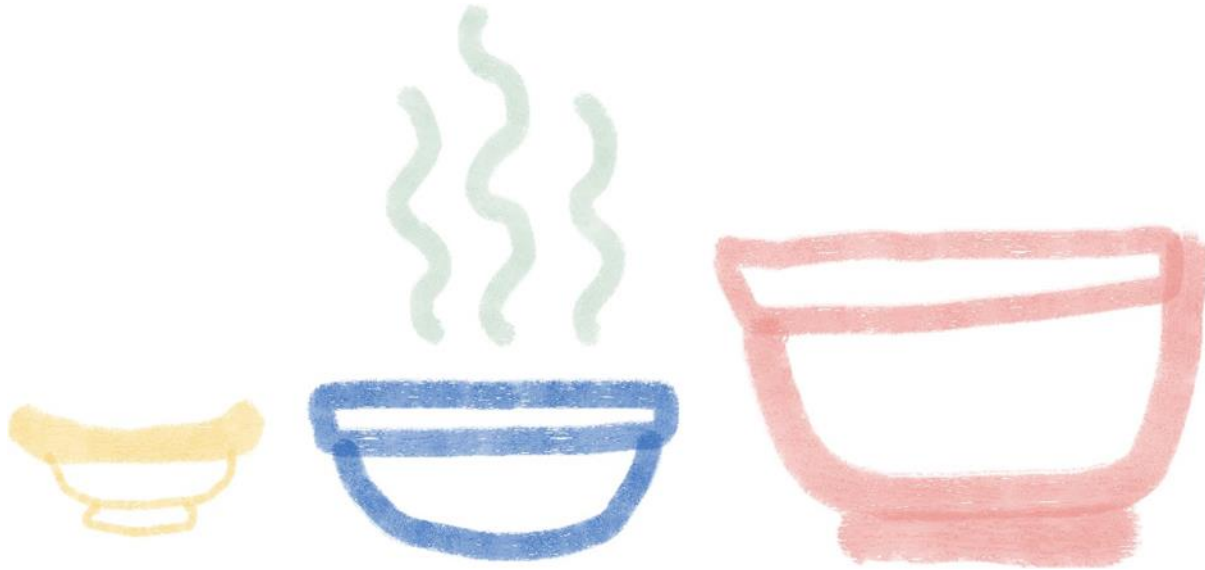


Enjoy watching

Image recreated from original, courtesy of Connected Moments, Video Interaction Guidance (AVIG UK)



The Goldilocks Principle





Explainers



Training PowerPoint Slides

Building Early Attuned Relationships
Building Early Attuned Relationships

Structure of the Session

- 1. Introduction
- 2. The creation of this session
- 3. The Rhythm of Play
- 4. The Rhythm of Interactions and Relationships
- 5. Rhythms and Relationships Exist in a Context
- 6. Why a 'Whole System' approach

The creation of this session

- 1. Introduction
- 2. The creation of this session
- 3. The Rhythm of Play
- 4. The Rhythm of Interactions and Relationships
- 5. Rhythms and Relationships Exist in a Context
- 6. Why a 'Whole System' approach

A few things to 'bear' in mind before

The Rhythm of Play

The Rhythm of Interactions and Relationships

These things are not just fun but are fundamental to supporting children's early development and learning.

Rhythms and Relationships Exist in a Context

Play & Family (2015)

Why a 'Whole System' approach
Whole Government: NCTM/NEST Framework

'Not Enough'

- ...emphasise on the conditions aspects of becoming a parent
- ...asking about bond and developing relationship with baby.
- ...practical advice on how to interact and play with baby.
- ...validation of mixed feelings towards baby.
- ...support for lonely/isolated parents – no village.
- ...support for parental mental health.

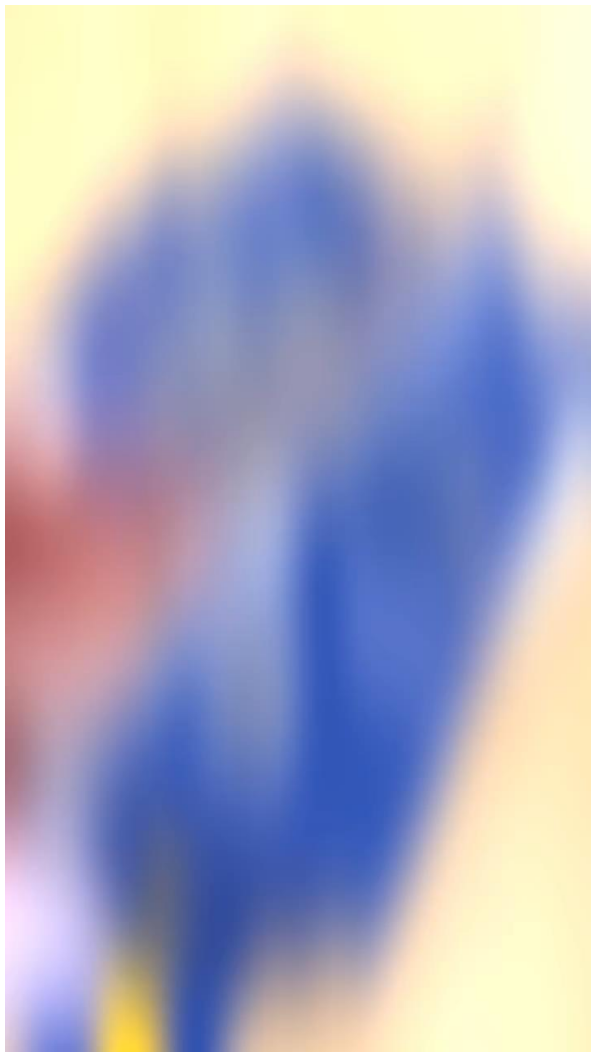
'Too Much'

- ...emphasise on physical aspects of birth and pregnancy rather than emotional journey.
- ...of an assumption about what certain families 'are like'.
- ...not all advice given is 'evidence based' quickly!
- ...emphasise on horizontalising, quieten down, etc. without asking views/perceptions of family.

'Just Right'

- ...Being gentle for who they truly are.
- ...Support through an ongoing relationship.
- ...The right support at the right time.
- ...Building a 'Village' – connecting families to the community stay and play, peer support etc.





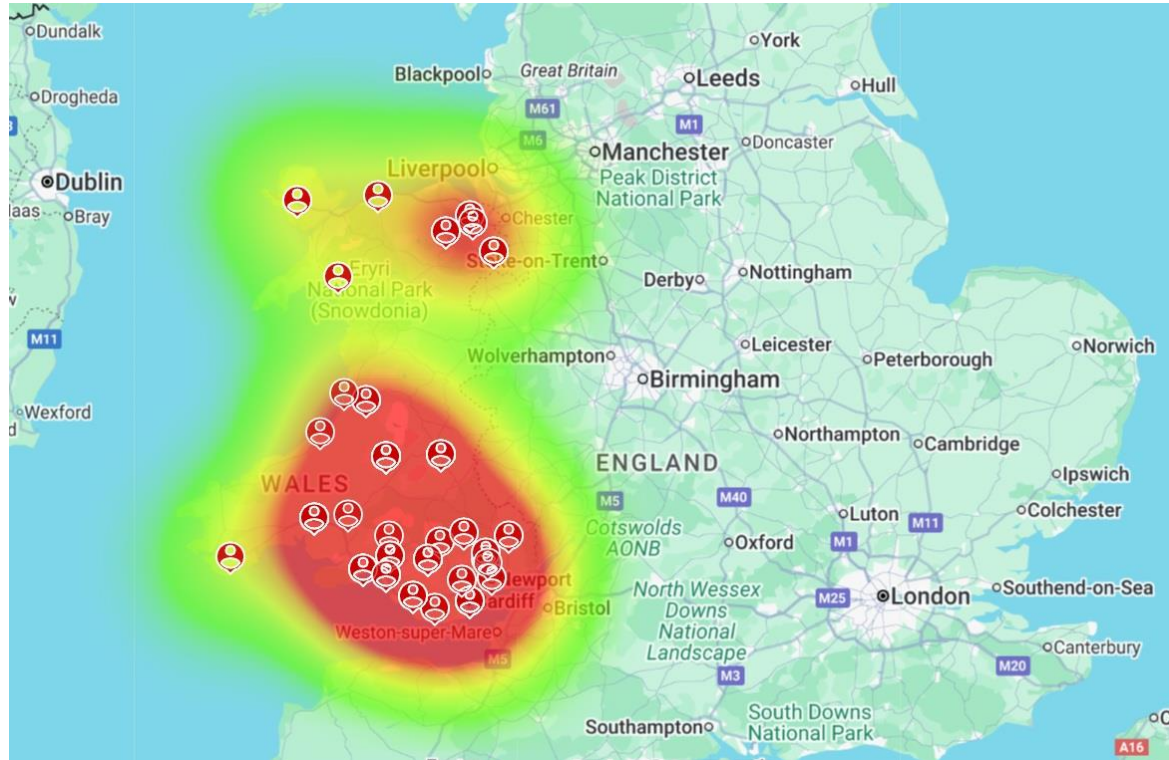
Resources to take away



Attunement in Action



Where did we take the training and who did we reach?



Who did we reach?



 Family Support & Parenting

 Health, Therapy & Clinical Services

 Flying Start & Early Help

 Leadership, Management & Strategy

 Specialist & Targeted Roles

 Early Years, Childcare & Play

 Education, Psychology & Early Learning

Over **55** different
job roles



Feedback headlines



96% of attendees were somewhat likely or very likely to apply the knowledge or skills learned in the training to their work within the next week

92% of attendees provided examples of how they will use what they have learned as a result of attending the training



99% of attendees would recommend the BEAR training to colleagues



"Brilliant training, so calm and gentle, very informative and easy to understand and follow. Loved the presentation and how it was all connected together and flowed. Lovely to hear and see real life experiences."

"This training is so important. It provides time for reflection and discussion and the messages need to be rolled out to anyone working with children in the first 1000 days."

"There were practical things we can start using right away such as the pyramid of attunement. Hearing from parents was powerful too and a great way to incorporate some co-production."





<https://parentinfantfoundation.org.uk/our-work/what-we-do/bear/>

