


## Babies, Brains and Relationships: Unlocking Your Parenting Superpowers!

**Sheri L. Hill, PhD**  
**Early Childhood Policy Specialist**

[hill@earlychildhoodpolicy.com](mailto:hill@earlychildhoodpolicy.com)  
[www.earlychildhoodpolicy.com](http://www.earlychildhoodpolicy.com)  
Cell: 206.940.0892

## Today's Topics

- The Baby Brain
- What Relationships Do
- What Babies Remember and Why it Matters When We Grow Up
- What Can I Do?
- Resources  
[www.staffordjunction.org](http://www.staffordjunction.org)



Dr. Hill would like to thank all the friends and families who have provided countless photos for her to use in presentations. All photos are copyrighted to Dr. Hill and further reproduction is not allowed.

[www.earlychildhoodpolicy.com/ECTrain.html](http://www.earlychildhoodpolicy.com/ECTrain.html)

## The Baby Brain .... In Relationship

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## Brain Changing Prime Time

- Newborn – 400 grams
- 3 Year Old – 1100 grams
- Adult – 1500 grams

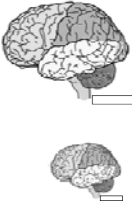


Image: [www.brainconnection.com](http://www.brainconnection.com)  
© 1999 Scientific Learning Corporation

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## Experience Changes the Brain

- "...our experiences are what create the unique connections and mold the basic structure of each individual's brain."
  - Siegel, D., Hartzell, M. (2003)
- "Neurons that fire together, wire together." – Hebb's Law
  - Donald Hebb (1949)
- Today will change your brain!

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## Not Just Weight Gain


Not all new connections are kept.



National Scientific Council on the Developing Child (NSCDC)  
Working Paper #5 (2007)

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### Building "Normal"



"Normal is as normal does --- every day."  
(Sheri Hill)


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### Babies Come Relationship Ready



Babies are born (hard-wired) to fit into social relationships

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Serve and Return

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### The Brain in Relationship

- Monkey See – Monkey Do
- Video Learning a No Go for Babies
- Sharing Brain Wave Patterns



Slide 10 [www.pbs.org/wgbh/nova/body/mirror-neurons.html](http://www.pbs.org/wgbh/nova/body/mirror-neurons.html)

### What Relationships Do AKA You Are Powerful!

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### Early Relationships Are Important !!!

*"Each achievement – language and learning, social development, the emergence of self-regulation – occurs in the context of close relationships with others."*

- From *Neurons to Neighborhoods*, National Academy of Science, 2000

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### What Does it Buy You?

- “A healthy, secure attachment generally means the child has been supported in:
  - learning coping skills,
  - helped to adapt to changes
  - learned to contain and soothe distress,
  - and learned to self-regulate their emotions and behaviors.”

Solchany & Pilnik (2008)

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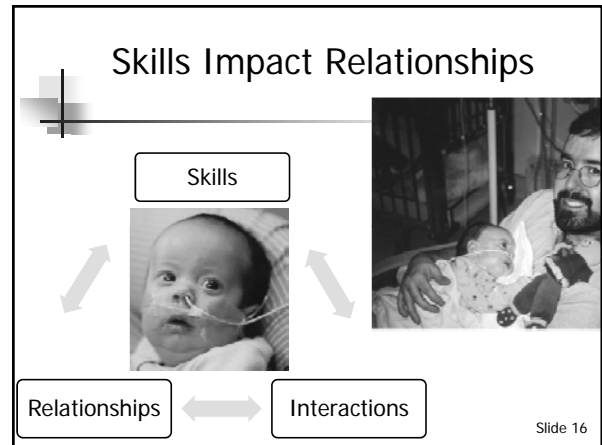
### Skills Are Developed In Relationships




“The computational brain is controlled by the social brain”

Shonkoff, Seattle, 1/7/10

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### Relationships Set the Stress Thermostat




[http://developingchild.harvard.edu/library/multimedia/inbrief\\_series](http://developingchild.harvard.edu/library/multimedia/inbrief_series)

### Babies Do Remember! And .... So Do You!!!!

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## The Power of Routines



## Expectations → The Way the World "Is"

"Representations of how things happen"

Stern, D., Wash.D.C., 2000




This summary of experiences becomes part of memory.

## First Memories - Implicit Memory

"Implicit memory is a form of nonverbal memory that is present at birth and continues throughout the life span."


- Siegel, D., Hartzell, M. (2003)

**Amygdala**



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## Explicit Memory

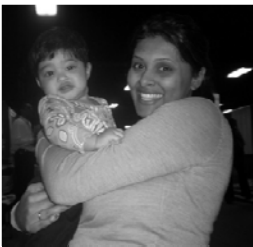


- Autobiographical Memory
- Narrative Memory
- Hippocampus Based
  - Not developed until about 3 and continues development until early 20s

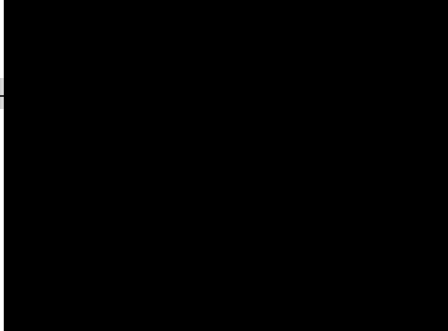
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## Why am I acting .... just like my mother?

- Why cut that ham?
- Powerful Remembering Context
  - Winnicott
- Babies ....  
Bring Up Your Stuff!!! .....



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Video Courtesy of Circle of Security in Spokane

[www.circleofsecurity.org](http://www.circleofsecurity.org)

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## What Can I Do?



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## Talk Talk Talk Talk Talk

- Give those little scientists lots of data points.
- ❖ Singing,
- ❖ Talking, and
- ❖ Reading with Babies




[www.ted.com/talks/patricia\\_kuhl\\_the\\_linguistic\\_genius\\_of\\_babies.html](http://www.ted.com/talks/patricia_kuhl_the_linguistic_genius_of_babies.html)

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## Value Social-Emotional Development

Talk about *FEEL*-ings not just *DO*-ings.




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## Key Capacities

- Experience, regulate and express emotions
- Form close and secure interpersonal relationships
- Explore the environment and learn

- [www.zerotothree.org](http://www.zerotothree.org)



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## Recognize Young Children Do Have Mental Health

- Only 30% of parents know a child can experience sadness and fear by 6 months of age.
- 1 in 5 parents think a child can control their emotions, such as not having a tantrum when frustrated by 2 years old.


- ZERO TO THREE 2009 National Parent Survey
- [www.zerotothree.org/parentsurvey](http://www.zerotothree.org/parentsurvey)

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## Health and Well-Being

Infant mental health is synonymous with healthy social and emotional development.

- [www.zerotothree.org](http://www.zerotothree.org)



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## Slow Down and Value Each Interaction

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### Relationships Need Practice and Patience

The magic of everyday moments.

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## Find the Delight

### CIRCLE OF SECURITY

PARENT ATTENDING TO THE CHILD'S NEEDS

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## Keep Looking For C(I)ues

- Help your child find the next step.
- Be ready for some variety.

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## Value Your Emotions and Mental Health and Well Being

How are the grown-ups feeling?

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## Common Misunderstandings

- Only 34% of parents know a child can sense if parents are angry or sad and can be affected by these moods
  - Parents under 25 (41%)
  - Mothers (39%)
  - African American and Hispanic Parents (28%)

■ ZERO TO THREE 2009 National Parent Survey

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## Reflect on What You Bring

What factors influence your thinking?

What is your shark music?

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Don't Forget the Basics

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(Almost)  
Everything I Need to Know  
About Being a Parent  
in  
25 Words or less

- *Always*: be **BIGGER, STRONGER, WISER, and KIND.**
- *Whenever possible*: follow your child's need.
- *Whenever necessary*: take charge.

© Cooper, Hoffman, Marvin, & Powell - 1998 circleofsecurity.org


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Help Everyone Remember



- You can't spoil a baby!!
- And .....

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Early Relationships Are Important!

Resources to Help

**S** = Resources Available in Spanish

VA Early Childhood Resources

- Virginia.gov - Education  
<http://portal.virginia.gov/education>
- Stafford Junction  
[www.staffordjunction.org](http://www.staffordjunction.org)
- Fredericksburg Area Food Bank  
<http://fredfood.org>
- Stafford County Social Services  
<http://www.co.stafford.va.us/index.aspx?nid=889>
- Smart Beginnings  
[www.smartbeginnings.org](http://www.smartbeginnings.org)
- Stafford County Public Schools  
<http://stafford.schoolfusion.us/modules/cms/pages.phtml?pageid=25889>

## How is the child developing?

- Child Profile – Developmental Charts and Letters
  - [www.childprofile.org](http://www.childprofile.org) A WA Resource **S**
- [www.cdc.gov/actearly](http://www.cdc.gov/actearly)
- [www.cdc.gov/parents/infants/](http://www.cdc.gov/parents/infants/) **S**
- The Importance of Early Intervention for Infants and Toddlers with Disabilities and their Families.
  - July 2011 Fact Sheet

[www.nectac.org/~pdfs/pubs/importanceofearlyintervention.pdf](http://www.nectac.org/~pdfs/pubs/importanceofearlyintervention.pdf)

## Book Recommendations: For All Caregivers

- Brazelton, T.B. & Sparrow, J. D. (2006) *Touchpoints: Birth to Three, Your Child's Emotional and Behavioral Development, Second Edition/Fully Revised*. Cambridge, MA: De Capo Press. [www.touchpoints.org](http://www.touchpoints.org)
- Siegel, D. & Hartzell, M. (2004) *Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive*. New York, NY: Penguin Paperback. (There are DVD's for both professionals and parents that go with this book and a wealth of other materials on mindful parenting at <http://drdansiegel.com>)
- Gottman, J (2004). *What am I feeling? The Five Steps of Emotion Coaching*. (There is a DVD that goes with this book and training materials that can be found at: [www.parentingcounts.org](http://www.parentingcounts.org))
- Greenspan, S (2000). *Building Healthy Minds: The Six Experiences that Create Intelligence and Emotional Growth in Babies and Young Children*. Cambridge, MA: Perseus Publishing.

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## ZERO TO THREE – For Parents

[www.zerotothree.org](http://www.zerotothree.org)

Many of the resources at their [bookstore](#) come in Spanish and free materials (see below) can be purchased there in full color print. **S**

- **What's Best for My Baby and Me?:**
  - A 3-Step Guide for Parents (comes in packs of 12)
  - Dr. Hill's favorite for families
- Tons of Free Parent Brochures and Guides **S**

[www.zerotothree.org/about-us/areas-of-expertise/free-parent-brochures-and-guides](http://www.zerotothree.org/about-us/areas-of-expertise/free-parent-brochures-and-guides)

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## More Resources for Parents

- Parenting Counts: [www.parentingcounts.org](http://www.parentingcounts.org)
  - Lots of great short videos and social-emotional resources
- A Family Guidebook: Supporting Development of Newborns and Infants [www.eicolorado.org](http://www.eicolorado.org) **S**
  - Part of their early intervention program but great for all.
- She's One Smart Mom, She's Got: [www.Text4Baby.org](http://www.Text4Baby.org)
  - Text BABY to 511411 (Envia BEBE al 511411 para Español)
  - FREE messages each week on your cell phone to help you through your pregnancy and your baby's first year. **S**
  - Text4baby is an educational program of the National Healthy Mothers, Healthy Babies Coalition.

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## Pyramid Model for Promoting Social-Emotional Competence in Infants and Young Children

- Technical Assistance Center on Social Emotional Intervention (TACSEI) for Young Children
  - [www.challengingbehavior.org](http://www.challengingbehavior.org)
- Center on the Social and Emotional Foundations for Early Learning (CSEFEL) **S**
  - <http://csefel.vanderbilt.edu/>
  - Tons of great handouts for parents too like "Reading Your Child's Cues from Birth to Age 2" & "Making Life Easier: Running Errands"

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## This Emotional Life (PBS)

A dynamic interactive website, with a wealth of resources for families, based around the PBS television series on social-emotional and mental health and well-being across the lifespan.

[www.pbs.org/thisemotionallife/](http://www.pbs.org/thisemotionallife/)

[www.pbs.org/thisemotionallife/topic/attachment](http://www.pbs.org/thisemotionallife/topic/attachment)

[www.pbs.org/thisemotionallife/topic/postpartum](http://www.pbs.org/thisemotionallife/topic/postpartum)

[www.pbs.org/thisemotionallife/campaign/early-moments-matter](http://www.pbs.org/thisemotionallife/campaign/early-moments-matter)

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