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New York Zero-to-Three Network

Fostering collaboration among those who work with infants, toddlers and their families

September 2014

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CALENDAR HIGHLIGHTS

FULL CALENDAR [CLICK HERE](#)

NYZTT Opening Events 2014-2015

Fall Roundtables:

-Thurs., Oct. 30: Cathy Collyer, OTR, LMT: Supporting Positive Behavior and Taming Toddler Tantrums. 6-8 pm. Jewish Board of Family and Children's Services. 130 West 50th Street, 6th Floor, New York, NY

-Thurs., Nov. 13: Judy Grossman, DrPH, OTR: Groups for Parents of Children with Special Needs. Ackerman Institute, 936 Broadway, New York, NY 10010.

-Thurs., Dec. 4: Kristin Bernard, PhD: Trauma and the ABC Intervention. Location TBD

Other events:

Wed., Oct. 15: [Westchester IPS 0-5 Network](#) hosts Susan Chinitz

The Impact of Past Trauma on Women's Experiences of Conception, Pregnancy, Birth and Early Parenting: Potential Consequences For Their Developing Babies

Editor's Note: [Ann Diamond Weinstein](#) presented this topic at a NYZTT roundtable last spring. Dr. Weinstein holds a doctorate in Prenatal and Perinatal Psychology and has worked with women and families for over three decades. She provides coaching and education to individuals, families and professionals on issues related to preconception, fertility, pregnancy, birth, and early parenting experiences, and their impacts over the lifespan and runs a monthly telephone study group. She can be reached at: (347) 878-8031 or adw@anndiamondweinstein.com.

Recent research raises concerns about the impacts of past trauma on the psychophysiology of women and girls before conception, during pregnancy and in early interactions with their babies after birth. Traumatic stress may influence our perceptions of our environment, shape our beliefs, and in turn, our experiences. The psychophysiological states of women and girls have the potential to affect their developing babies before and after birth.

Research from multiple disciplines deepens our understanding of how the conditions inside and outside of women's bodies during the preconception, prenatal and early parenting period profoundly impact their offsprings' development, health and behavior over their lifespan. Within weeks of conception and throughout gestation, the developing human "reads" characteristics from its mother's internal environment and prepares to adapt to the external world. Detection of stress signals in their environment alerts the fetus to a threat to survival. In a 2012 article Sandman and Davis say: "The fetus adjusts its developmental trajectory and modifies its nervous system to ensure survival in a potentially hostile postpartum environment." When women understand the importance of cultivating a nurturing internal and external environment before and during pregnancy, they are better able to support the healthy development of their babies.

Recent research has also demonstrated the links between a woman's or girl's maltreatment history, pre-existing PTSD and depression, pregnancy stressors, overwhelming birth experiences, postpartum PTSD and depression, and impaired bonding (Seng, et. al., 2013). A mother's childhood maltreatment history is associated with depression and PTSD generally, and specifically during pregnancy. One in three

and Dorothy Henderson discussing Science and Relationship Informed Child Welfare Practice for Infants and Toddlers: Court Teams for Babies. 1-2:30 pm, Child Care Council of Westchester, 313 Central Avenue, Scarsdale, NY 10583

Tues., Oct. 28: [Suffolk ILC](#) hosts psychologist Kristin Bernard discussing her research on early childhood maltreatment and intervention strategies. 9:30-11 am. Stony Brook University Research and Development Park, Bldg. 17, Rehabilitation Research & Movement Performance (RRAMP) Laboratory, Stony Brook Road, Stony Brook, NY 11794

Want to add your event to our calendar? Email newsletter@nyztt.org



MEDIA HIGHLIGHTS:

To reduce aggressive tendencies in adults, start young, Fast Track early intervention project finds. [Impact of early intervention on psychopathology, crime, and well-being at age 25.](#) *American Journal of Psychiatry*, published online Sept 15

Five out of seven Infants receiving intense treatment for Autism symptoms at 6 months shed delays after intervention. See: [Autism treatment in the first year of life: A pilot study of Infant](#)

women report a history of childhood physical or sexual abuse (Cogle, et. al., 2010). Childhood maltreatment conveys a 12-fold risk of having PTSD in pregnancy and is associated with antenatal depression, and comorbidity of PTSD and depression (Seng, et. al., 2009). Deficits in a mother's ability to interact in healthy patterns with her infant may occur in relation to depression and PTSD, resulting in early relational trauma (Schore, 2009).

Imprints of trauma that occurred during a woman's earliest experiences, including events during her own gestation and birth, may impact her experiences and psychophysiology during the pregnancy, birth and early parenting of her baby. It is crucial that women and girls with traumatic stress symptoms have an opportunity to express their unique needs during their transition to mothering. Practitioners can ask about a woman's or girl's experiences of past trauma. Whether or not they choose to share that information with practitioners is not as important as a provider's capacity to compassionately adapt the care they provide to sensitively meet each woman's and girl's individual needs during this critical period.

Unresolved trauma from experiences before and during the preconception, prenatal and early parenting period may be passed on to generations to come in ways we have yet to understand, predict and appreciate. Practitioners have an opportunity to help parents-to-be cultivate nurturing internal and external environments during this critical period, which in turn, will support the healthy development of their children before and after birth.

RELATED RESEARCH

[Cogle, J.R., Timpano, K.R., Sachs-Ericsson, N., Deough, M.E., Riccardi, C.J. \(2010\). Examining the unique relationships between anxiety disorders and childhood physical and sexual abuse in the National Comorbidity Survey-Replication. *Psychiatry Research*, 177, 150-155.](#)

[Sandman, C.A. & Davis, E.P. \(2012\). Neurobehavioral risk is associated with gestational exposure to stress hormones. *Expert Review of Endocrinology and Metabolism*, 7\(4\), 445-459.](#)

[Schore, A.N. \(2009\). Right brain affect regulation: An essential mechanism of development, trauma, dissociation, and psychotherapy.](#) Chapter in D. Fosha, D. Siegel, & M. Solomon (Eds.), *The Healing power of emotion: Affective neuroscience, development, & clinical practice* (pp. 112-144). New York: W.W. Norton.

[Schore, A.N. \(2012\). Attachment, affect regulation, and the developing right brain: Linking developmental neuroscience to pediatrics? In: *The science of the art of psychotherapy*. New York: W.W. Norton \(pp. 259-320\).](#)

[Seng, J.S., Low, L.K., Sperlich, M., Ronis, D.L., Liberzon, I. \(2009\). Prevalence, trauma history, and risk for posttraumatic stress disorder among nulliparous women in maternity care. *Obstetrics & Gynecology*, 114\(4\), 839-847.](#)

[Seng, J.S., Sperlich, M., Low, L.K., Ronis, D.L., Muzik, M., & Liberzon, I. \(2013\). Childhood abuse history, posttraumatic stress disorder, postpartum mental health and bonding: A prospective cohort study. *Journal of Midwifery Womens Health*, 58\(1\), 57-68.](#)

[Start, a parent-implemented intervention for symptomatic infants. Journal of Autism and Developmental Disorders, published online: Sept. 12](#)

[Medicaid Benefits: A Guide for State Coverage](#)

[PAS: Mealtime TV in Pregnancy Linked to Infant Media Exposure](#)

[CPSC: Sixth Infant Death Linked To Recalled Nap Nanny Recliner](#)

[Infants exposed to 'potentially harmful' chemicals in vinyl says researchers in Finland](#)

[WIC Smiles Program Aims to Improve Dental Health](#)

[Pediatricians will press parents to read to infants from Day One.](#)

Become a Member of NYZTT Before Rate Increase

Over the past year, you've received, read and enjoyed our monthly e-newsletters. Many of you have attended our special events, our Clinical Roundtables and even our Annual Spring Conference. Don't miss out on this year's program line-up!

Join or Renew Your Membership before our membership rates increase on October 1st!

What your membership gets you this coming year:

- *Attend one roundtable event for free
- *Advanced notice of our roundtables, special events and conferences
- *Priority preference for our annual conference breakout sessions
- *Invitation to our Annual Meeting
- *Our e-newsletter, filled with

INFANCY LEADERSHIP CIRCLE HIGHLIGHTS

NYZTT has been building a network of Infancy Leadership Circles to be the communications pipeline for the infancy movement in New York State. We welcome new groups and participants to join in this venture.

New Groups: Infancy Leadership Circles are being planned this fall for **Central/Northern Harlem** and Brownsville section of **Brooklyn** in New York City. A City-wide meeting was held in **NYC** in the spring and the group will continue to meet in the fall. Watch your emails for dates and locations. For further information contact [Carole Oshinsky](#), Co-director, Infancy Leadership Circles Project, NYZTT.

Statewide calls: Statewide calls for leaders from each ILC group began last spring and will continue in alternate months starting in October. The May call featured a conversation on health and social emotional development and strategies to connect the medical and early childhood communities. [Docs for Tots](#) co-director and pediatrician Dr. Liz Isakson helped frame the discussion.

The following Circles will be meeting this fall:

Cattaraugus County ILC: Meetings at 2 pm: Sept 24, Oct. 22, Nov. 19

Chautauqua County ILC: Meetings at 9 am: Sept 26, Oct. 24, Nov. 21.

Erie County ILC: Meetings at 12 noon on Sept. 30, Oct. 28, Nov. 25

Niagara County ILC: Meetings at 12 noon: Sept. 23, Oct. 21, Nov. 18

Rockland County ILC: Meetings at 8:30 am: Nov. 19

Suffolk County ILC: Oct. 28, 9:30-11 featuring Kristin Bernard on her research in early childhood maltreatment and intervention strategies

Westchester County IPS 0-5: Meetings at 1 pm on 3rd Wednesday of the month: Oct. 15 featuring Susan Chinitz and Dorothy Henderson on Science and Relationship Informed Child Welfare Practice for Infants and Toddlers: Count Teams for Babies, Nov. 19

East Harlem 0-5 Network: TBD

Brownsville Brooklyn: TBD

Central/North Harlem, NYC: TBD

New York City: TBD

DOCs ILC-central New York State: TBD

ILC SELECTED RESOURCES

information you need to know!
*Discounted rates for all our events.

Not sure when or if your membership has expired?
E-mail [Pamela](#) by Sept. 30 and lock in our current rates!

Current members can choose to pay now and extend their membership at the current rates!

Click [HERE](#) to join/renew online today!

Prefer to do join/renew through the mail? Complete the membership [form](#) to join today and we'll see YOU at upcoming events.

[ILC How to Guidelines](#)

- [ILC Brochure](#)
- [Niagara County Resource Directory for New Parents](#)
- [Recipes for Playbook](#)
- [I Taught My Child Today messages](#)
- [Cover Letter](#) and messages to Caregivers
 - [Developmental Screening](#)
 - [Immunizations](#)
 - [Lead Screening](#)
 - [Eco-Friendly Centers and Homes](#)

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