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New York Zero-to-Three Network

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

November 2014

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CALENDAR HIGHLIGHTS

FULL CALENDAR [CLICK HERE](#)

Wed., Nov. 5. [Hudson Valley Regional Perinatal Public Health Conference: Feeding our Babies and their Bugs-Importance of Breastmilk to the Development of the Infant Microbiome and Immune Health.](#) Doubletree by Hilton, Tarrytown, NY. 8:30am-4pm.

Thurs., Nov. 6. [Infant Mental Health Association Literature Circle Meeting.](#) 2-3.30pm. Greene County Mental Health Building, 905 Greene County Office Bldg. next to Angelo Canna Town Park, Cairo, NY 12413

Fri., Nov. 7. [Building Brains: How Everyday Experiences Matter.](#)

Enhancing Parenting to Prevent the Negative Effects of Early Adversity by Kristin Bernard, PhD

Editor's Note: Kristin Bernard, Ph.D., is an Assistant Professor in Psychology at Stony Brook University. As the director of the Developmental Stress and Prevention Lab at Stony Brook, she is interested in how early life stress influences children's neurobiological and behavioral development and how optimal caregiving and preventative interventions may buffer at-risk children from problematic outcomes. Dr. Bernard will present on this topic at a NYZTT Clinical Roundtable on Dec. 4th at the Jewish Board of Family and Children's Services, 135 West 50th Street, 6th Floor, New York City.

Exposure to early adversity, such as maltreatment or poverty, can lead to long-term impairment across socioemotional, physical, and academic domains (Evans & Cassells, 2014; Felitti et al., 1998). One of the key mechanisms that links childhood trauma to these devastating consequences is biological dysregulation. Children who experience chronic stress often show dysregulated patterns of cortisol, a hormone produced by one of the body's stress response systems (Bernard et al., 2010). Typically, cortisol levels are high in the morning and low at night, showing a steep decline across the day. However, children who experience early adversity often show atypical levels of cortisol, characterized by a flat or blunted rhythm across the day. Dysregulated cortisol can interfere with early brain development, leading to problems controlling attention, behavior, and emotions. It can also interfere with functioning of other systems in the body, such as the immune system, leading to problems with physical health and disease. Taken together, these findings suggest that we need to enhance regulatory capacities among young children who face early adversity in order to prevent a host of negative consequences.

Parents serve a key role as co-regulators early in life. Under conditions of chronic stress, however, parents may struggle to interact in ways that support children's early regulation. Early interventions are essential for enhancing parents' capacities to buffer children from the negative effects of chronic stress. The [Attachment and Biobehavioral Catch-up \(ABC\) intervention](#) is an example of an early parenting program that does this. The ABC intervention is a 10-session program that aims to help parents behave in sensitive, synchronous, and non-frightening ways. By providing feedback to parents while they interact with their infants, ABC parent coaches help support and shape parenting in very specific ways. In randomized clinical trials, children that receive the ABC intervention show higher rates of secure attachment, more typical cortisol regulation, and better executive functioning than children who receive a control intervention (Bernard et al., 2012). These early outcomes may

Yonkers Riverfront Public Library, 1 Larkin Plaza, 2nd Floor, Community Room A, 10:15 am-12:30 pm. Light Refreshments. Sponsored by Yonkers Early Childhood Network.

Thurs., Nov. 13. Hunts Point Alliance for Children Infant and Toddler Day. Bella Vista Health Center, 890 Hunts Point Ave., Bronx, NY. 9 am-1 pm.

Thurs, Nov. 13, Rockland County Infancy Leadership Circle Breakfast release party to roll out Better Baby Care Packets. 8:30-10am, BOCES Center in West Nyack. Registration requested.

Thurs., Nov. 13. The Family Perspective: Clinical and Group Services for Parents Who Have Young Children with Special Needs. NYZTT Clinical Roundtable with Judy Grossman, DrPh, OTR. Ackerman Institute, 936 Broadway at 22nd St., NY, NY

See also **Infancy Leadership Circle Meetings** listed in ILC Highlights below.

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



MEDIA HIGHLIGHTS:

A. J. Spanier, R. S. Kahn, A. R. Kunselman, E. W. Schaefer, et al. (2014). Bisphenol A Exposure and the Development of Wheeze and Lung Function in Children Through Age 5 Years. *JAMA*

provide the foundation that children need for healthy development.

For more information about the effects of early adversity on later outcomes, see:

Center for the Developing Child

Adverse Childhood Experiences Study

The ABC Intervention

Selected References

Bernard, K., Butzin-Dozier, Z., Rittenhouse, J., & Dozier, M. (2010). Young children living with neglecting birth parents show more blunted daytime patterns of cortisol production than children in foster care and comparison children. Archives of Pediatrics and Adolescent Medicine, 164, 438-443.

Evans, G.W. & Cassells, R.C. (2014). Childhood poverty, cumulative risk exposure, and mental health in emerging adults. Clinical Psychological Science

Felitti, V.J., Anda, R.F., Nordenberg, D. et al. (1998). The relationship of adult health status to childhood abuse and household dysfunction. American Journal of Preventive Medicine, 14(4), 245-258.

New Information on the Mothers, Infants and Young Children of September 11, 2001 from the Primary Prevention Project

By Priscilla Lincoln, PhD Nursing and NYZTT Co-President

Editor's Note: Those who attended the NYZTT 2011 Annual Conference heard keynote speaker Beatrice Beebe describe her work on Mother-Infant Research and Treatment based on her experience with babies born to mothers who lost husbands as a direct result of the terrorist attacks in New York City in 2001. Much more is now known about the outcomes for these families thanks to the continuing work of Beebe and her colleagues and her new book about this work.

Among those who lost loved ones in the attacks on the World Trade Center on September 11, 2001, were approximately 100 women who were pregnant at the time who lost their husbands; the fathers of their unborn children. Beatrice Beebe recognized that their circumstances were unique and did not fit into the paradigms of mental health intervention that were offered to others who suffered losses in this unspeakable tragedy. "Armed with the knowledge that sudden traumatic loss often leads to complicated mourning that can greatly affect the mother-infant attachment system" (Bowlby, 1969, 1973, 1980), Beebe and a core group of seven colleagues (Anni Bergman, Phyllis Cohen, Donna Demetri Friedman, Sally Moskowitz, Rita Reisswig, Mark Sossin, and Suzi Tortora) initiated the Project for Mothers, Infants, and Young Children of September 11, 2001. This project, which still continues, is a primary prevention intervention that is designed to facilitate the affected mothers'

Pediatrics. Published online Oct. 6.

[Benasich, A.A., Choudhury, N.A., Realpe-Bonilla, T. & Roesler, C.P. \(2014\). Plasticity in Developing Brain: Active Auditory Exposure Impacts Prelinguistic Acoustic Mapping. *Journal of Neuroscience*, 34\(40\), 13349-13363.](#)

C. Cybele Raver, Clancy Blair, Patricia Garrett-Peters, and Family Life Project. (2014). [Poverty, Household Chaos, and Interparental Aggression Predict Children's Ability to Recognize and Modulate Negative Emotions. *Development and Psychopathology*, September 12.](#)

Researchers find babies hear more words and get more back-and-forth baby talk from their mothers than their fathers in the first seven months. They urge fathers to "speak up." Johnson, J.M., Caskey, M., Rand, K., Tucker, R. & Vohr, B.R. (online Nov. 3, 2014). [Gender Differences in Adult-Infant Communication in the First Months of Life. *Pediatrics*.](#)

ILC SELECTED RESOURCES

- [ILC How to Guidelines](#)
- [ILC Brochure](#)
- [Niagara County Resource Directory for New Parents](#)
- [Recipes for Playbook](#)
- [I Taught My Child Today messages](#)
- [Parenting: Is It What You Expected?](#)

Click [here](#) for additional resources.

Winning BeginningNY Releases 2015-16 Executive Budget Request

relationships with the infants and older children as well as the development of the toddlers who had lost their fathers, and the mother's own recovery.

Grounded in psychoanalytic theory (e.g., Winnicott, 1965), the project has provided, without cost, support groups for about 40 mothers (who responded to the therapists' outreach); support groups the mothers and their children attend together; children's groups to support resiliency; and a bi-annual two-session mother-child video bonding and communication consultation where mothers were provided feedback on their face-to-face interactions with their infants, intended to identify and support the strengths of these mothers, and to address any communication or emotional difficulties.

A research component (not yet fully funded) will assess the effect of the trauma on maternal anxiety and depression, on mother-child communication and the recovery trajectory of these families and add to our knowledge of the importance of trauma work. A full account of this important work including many poignant and illuminating vignettes may be found in: Beebe, B., Cohen, P., Sossin, K.M. & Markese, S. (Eds). (2012). [Mothers, Infants and Young Children of September 11, 2001: A Primary Prevention Project](#). London: Routledge.

References

Bowlby, J. (1969). *Attachment: Attachment and loss, Vol. I*. New York: Basic Books.

Bowlby, J. (1973). *Separation, anxiety and anger: Attachment and loss, Vol. II*. New York: Basic Books.

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 and related groups and participants to join in this venture. Infancy Leadership Circles can now join NYZTT network as an organizational member and receive all the benefits of membership for all circle members for \$275/year. Contact [Pamela](#) to join your Circle to NYZTT today. Individual membership is now \$60.

News from the Groups:

- The Suffolk County Infancy Leadership Circle has released a resource booklet of organizations and agencies that serve children in Suffolk County. [Parenting: Is It What You Expected?](#) is the culmination of a year and a half



of work by a subcommittee of the group chaired by Colleen Farrell, Infant-Toddler Coordinator at the Child Care Council of Suffolk and Susan Rabinowicz, Occupational Therapist and Doctoral Candidate at Stony Brook University. The booklet is being distributed in paper copy and will also be available on the websites of the [Child Care Council](#) and [NYZTT](#).

New York State's Early Childhood Coalition has posted its Executive Budget Request for children 0-8 for the next legislative session. Requests cover quality rating system, home visiting, early intervention, child care, pre-K and afterschool programs.

Background papers for each budget request have been released separately. Visit www.winningbeginningNY.org to obtain the documents and find out how you can help promote this agenda.

Become a Member of NYZTT

Don't miss out on this year's program line-up!

Join or Renew Your Membership today!

- **\$60 Individuals;**
- **\$40 Students;**
- **\$275 Organizations or Infancy Leadership Circles**

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

Not sure when or if your membership has expired? E-mail Pamela. Inquire about multi-year membership discount.

- The Rockland County Infancy Leadership Circle will have a Breakfast release party to roll out their Better Baby Care Packets on Nov. 13 from 9-10am with Rockland County Executive Ed Day and Rockland County Legislature Chair, Alden Wolfe in attendance at the BOCES Center in West Nyack. [Registration](#) requested.

Statewide call: Statewide calls for leaders from each ILC group began last spring and continued in alternate months in October. The October call featured a conversation with [Susan Chinitz, PsyD](#), director of the Early Childhood Center at Einstein Hospital, Bronx, NY on Court Teams for Babies in the Welfare System. This intervention provides 26 sessions of child-parent psychotherapy involving scaffolded play to the families and detailed information to the courts to enable better decision making and strengthen reunification prospects. Participants have significant improvement in family-child interactions and improved parental empathy as well as declines in parental depression.

Changes in Leadership:

- Project Co-Director Jackie Jones is stepping down from active involvement in this project but will remain on the ILC Steering Committee. We wish Jackie and her family well and thank her for her five years of dedicated service and enthusiasm for this project.
- NYZTT will be advertising for two part-time transition co-directors to train beginning in January 2015 to facilitate groups across the state. These positions will have a stipend and expenses paid. Watch for a detailed announcement in your inbox and also on our NYZTT LinkedIn discussion group.
- We bid farewell and much success to Evelyn Efinger as she steps down as the state's Infant-Toddler Coordinator and takes up her new position for Zero to Three's [Early Head Start National Resource Center](#) in Washington, DC. Evelyn has been the inspiration for this project and we are grateful for her continuing guidance.

The following Circles will be meeting in November:

Cattaraugus County ILC: Meetings at 2 pm: [Nov. 19](#)

Central/North Harlem, NYC: TBD

Chautauqua County ILC: Meetings at 9 am: [Nov. 21](#).

DOCs ILC-central New York State: TBD

East Harlem 0-5 Network: TBD

Erie County ILC: Meetings at 12 noon on [Nov. 25](#)

New York City: Meeting from 6-7:30 pm on Nov. 6 at Center for Children's Initiatives, 388 Eighth Ave. at 26 St., 4th floor, New York, NY. RSVP to [Julia Travers](#).

Niagara County ILC: Meetings at 12 noon: Nov. 18



Rockland County ILC: 8:30-10am Nov. 19. Child Care Resources Rockland Training Site

Suffolk County ILC: TBD

Westchester County IPS 0-5: Meetings at 1 pm on 3rd Wednesday of the month: Nov. 19, Child Care Council of Westchester.

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