Transition to Parenthood

- The process...
- Sequence of events
- Interrelated/interdependent
- State or condition to conclusion

Parenthood:

- Maturational factor
- Maturational crisis
- Developmental transition
- Process of role transition and role attainment
The Nurse..

- Opens channels for communication
- Anticipates new needs
- Highlights potential gains that will occur

ATTACHMENT

- The parent comes to love and accept a child; the child comes to love and accept parent
- Also known as "Bonding" – period shortly after birth important to mother-infant attachment

Prenatal Attachment

- Parenting actually starts before birth
- Fetus is aware of and responds to external stimuli
Mutuality

- Broadened concept of bonding
- Includes infant’s behaviors and characteristics → call forth → maternal behaviors and characteristics

Cry \ brings grasp alert | **
Coo \ → Mom & → move/ → response| **
Smile / Dad posture cuddly | 😊

ACQUAINTANCE

- Important as attachment
- Eye contact
- Touching
- Talking
- Exploring
- In immediate postpartum period

The Bond for Infant Massage

Benefits for Baby
- Improves the baby
- Begins a loving, intimate relationship between parent or caregiver and baby
- Helps a baby strengthen and regulate the body, body systems and
- Relaxation gains and needs
- Instills the baby with trust when the baby feels trusted

Benefits for Parents
- Better understanding about child’s needs to interact
- Enhances parent and baby bonding
- Increases confidence and bonding skills
- Provides an opportunity to develop quality interaction time
- Instills the parents with trust in their baby
- Instills a bond between parents and baby

The Bond for Infant Massage can be used during infancy. It is a way to create

Honeymoon Health INSTITUTE’s CHAMBERS REPORTS

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Communication between parent and child

- Sensory Stimulation
- Touch
- Eye Contact
- Voice
- Odor
- Entrainment
- Biorhythms

Initially ---> Progresses

- Casual touch, hold, tentative
- Fingertips → Palm
- Hold → Encircle
- Stroke, hold finger, kiss
- Look → en Face, Direct eye contact

Nursing Interventions

- Signs of bonding
- Alert care givers
- Attachment progress

- Circumstances that influence:
  - events in pregnancy, birth
  - expectations/ child’s ability to meet
  - stage of Parental Tasks
Parental Tasks: Reva Rubin

- Classic work on Maternal Behavior
- Puerperium divided into 3 phrases:
  - Taking-In – time of reflection, passivity, taking care of own needs
  - Taking-Hold – ready to initiate action, make decisions, learn newborn care
  - Letting-Go - refines her new role

What about Fathers?

- Rooming-in gives increased time and confidence to both mom, dad, and siblings
- Sibling visits can see first hand
- Fathers have a significant impact
- Their expectations may not match the reality of parenthood
- Image of “father” develops
Nursing Interventions

- Teach infant care when father is present
- “Fathering” classes
- Anticipatory Guidance
- Postpartum phone calls, visits – father too!
- Studies show men are stressed/depressed as well.

Infant States/Cues

Parent-Infant attachment affects both parents & infants by promoting a loving relationship and improved infant development, healthy self-image and better relationships later in life

Cue Sensitivity

- Documented as origin of parent-infant attachment
- Involves recognition of individualized infant body language and provision of an appropriate response
State

- “Level of Consciousness”
- Single most important element for understanding an infant’s response to the environment
- Imperative for an appropriate response to infant needs

Sleep States: (two)

- Deep sleep
- Light sleep
Awake States

- Drowsy
- Quiet alert – most attentive
- Active alert – early hunger cues, getting tired
- Crying – needs a change, requires parents to interpret cues
BEHAVIORS
- Can see and hear at birth
- Habituation - tune out
- Identification of newborn's behaviors gives the nurse tools to help parents establish interaction with infant

Nursing Implications:
- Assessment includes signs of attachment/bonding
- Parent education - prenatal and postpartal
- Watch for progression - cues/clues, behaviors, "Parenting"

Remember Response to Environmental Stimuli
- CUES, CLUES, BEHAVIORS!!
- Attachment - Brazleton:
  - Temperment
  - Habituation
  - Consolability
  - Cuddliness
  - Irritability
  - Crying