



Dr Jackie Blunt

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Christchurch

Saturday, June 10, 2017

11:00 - 11:30 Stress, the Developing Brain, and How to Help Families

Whakamana Te Tamaiti

Early Years Last Forever



Genes AND Experience



Nature and Nurture
Work Together

Reference: Murgatroyd & Spengler (2011).

Lifetime effects

Number of Adverse Childhood Events



Abuse

- physical
- psychological
- sexual



Neglect

- emotional
- physical

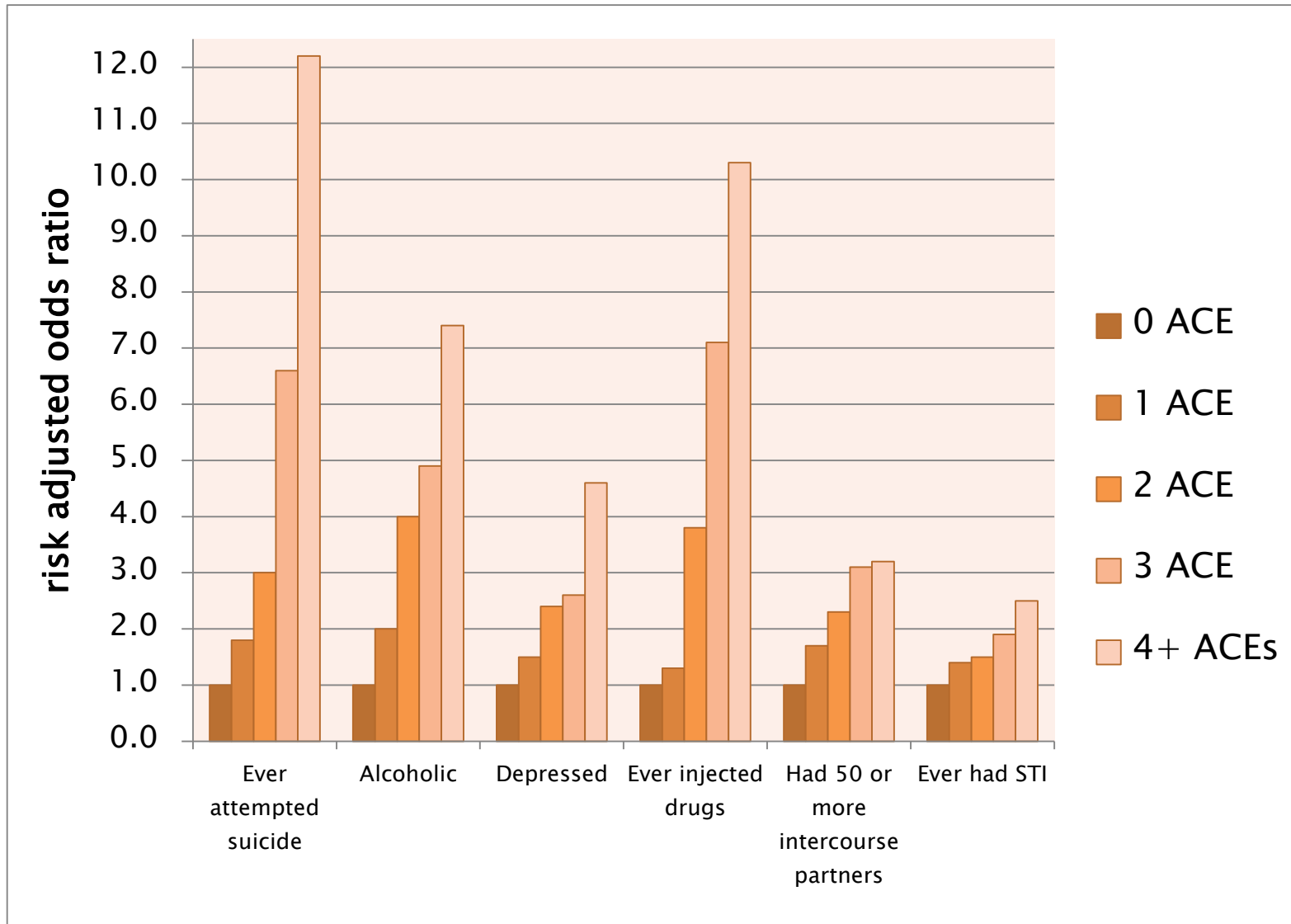


Household Dysfunction

- Alcohol & drug abuse
- Mental illness
- Violence towards mother/stepmother
- Parental separation/divorce
- Criminal behaviour

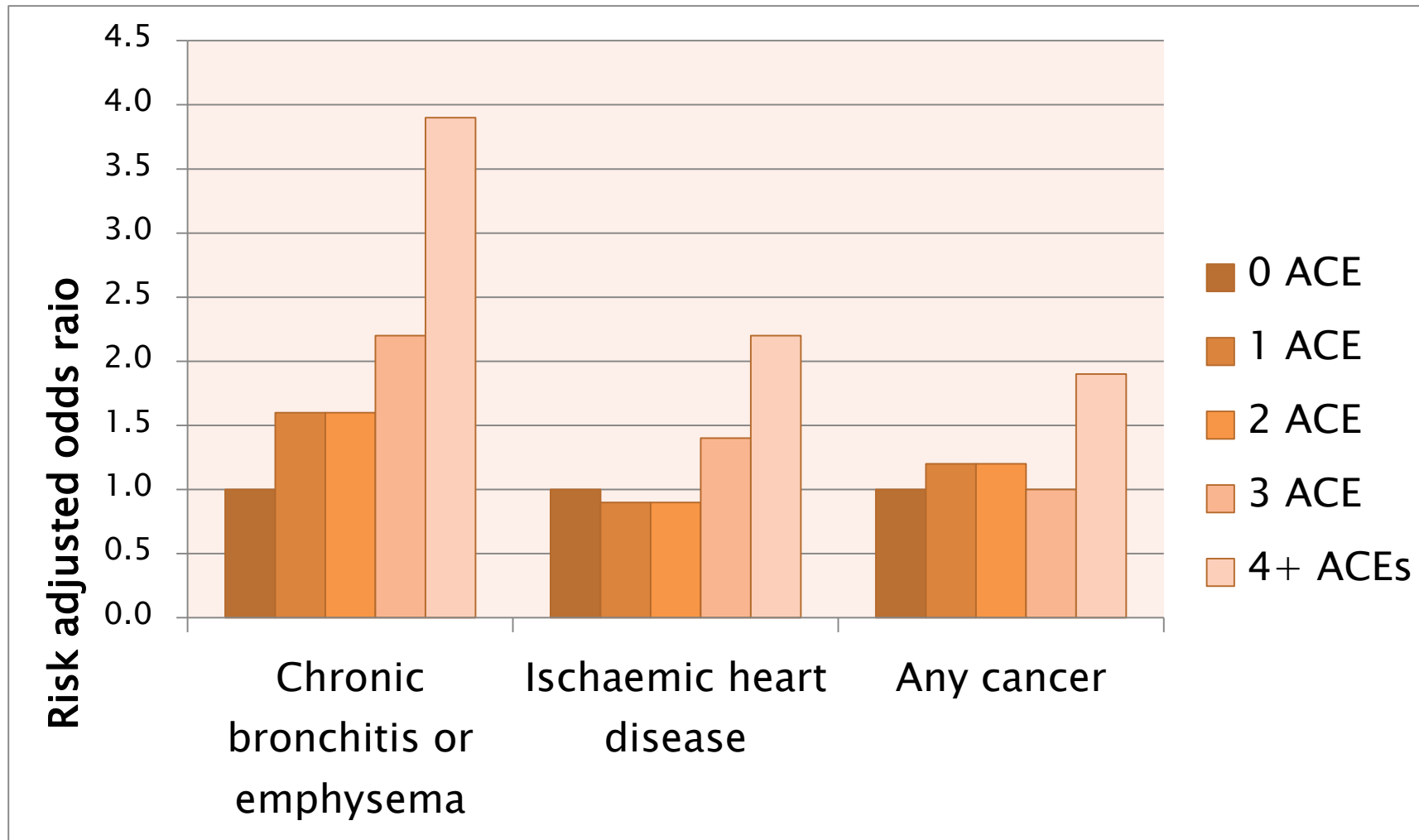


ACE – risk poor outcomes



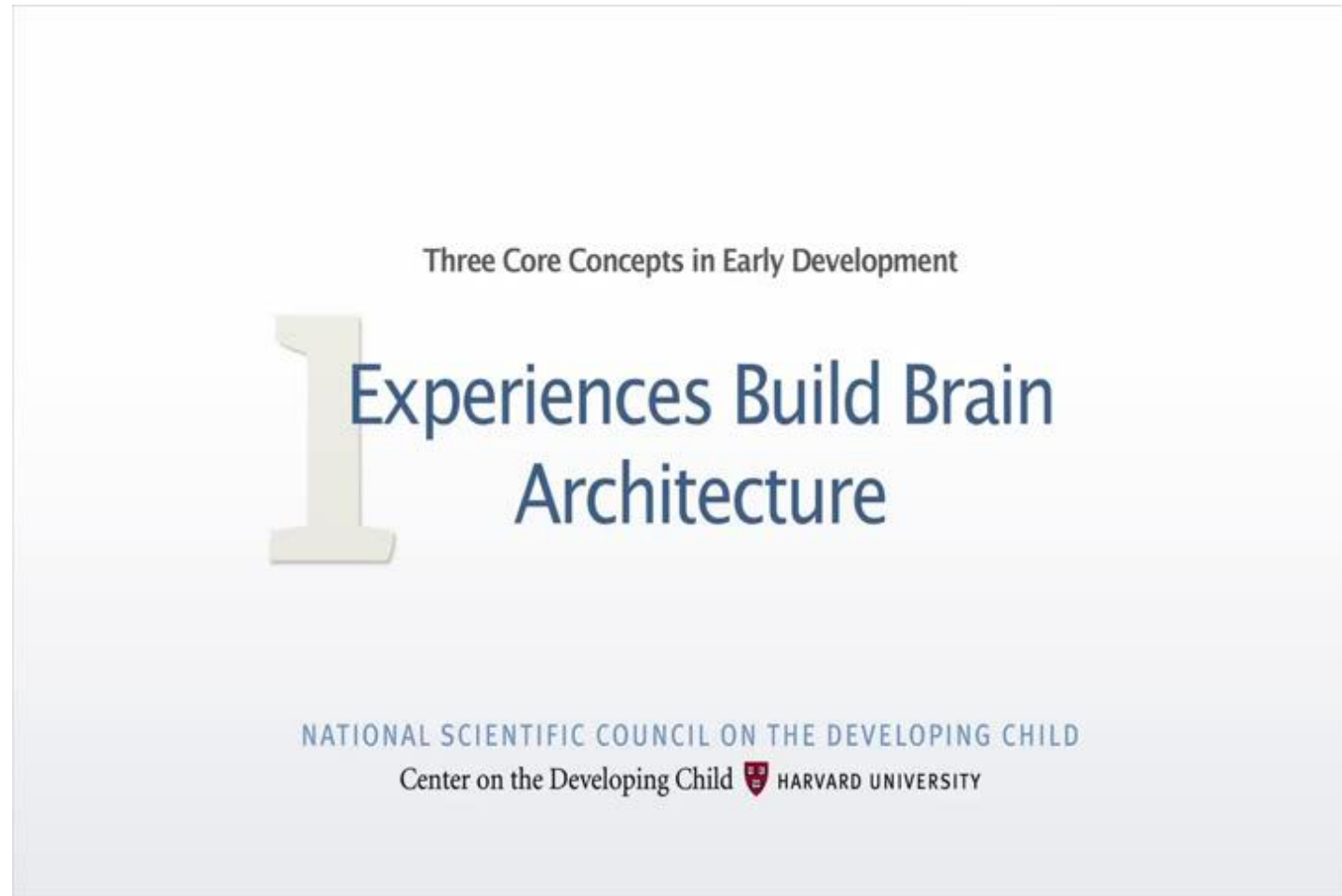
Reference: Felitti et al (1998), Hillis et al (2001).

ACE – health outcomes



References: Dong et al (2004), Felitti et al (1998).

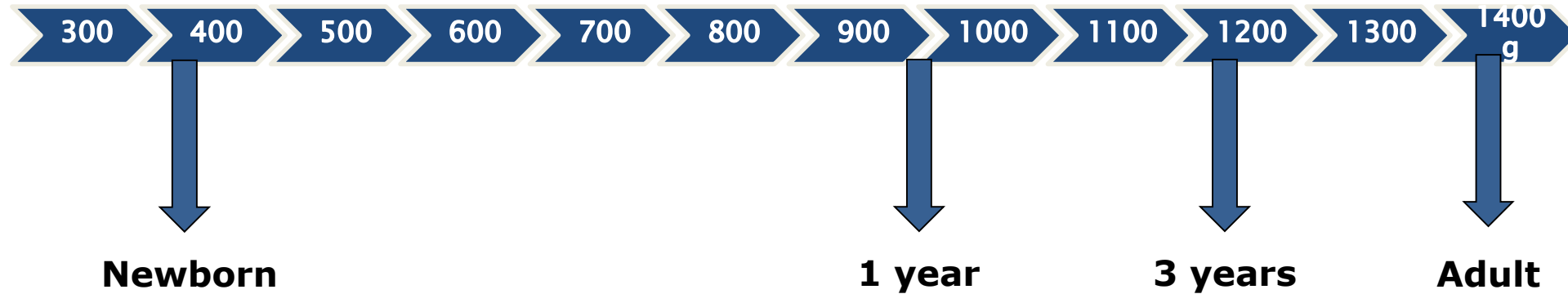
How Brains Build



Source

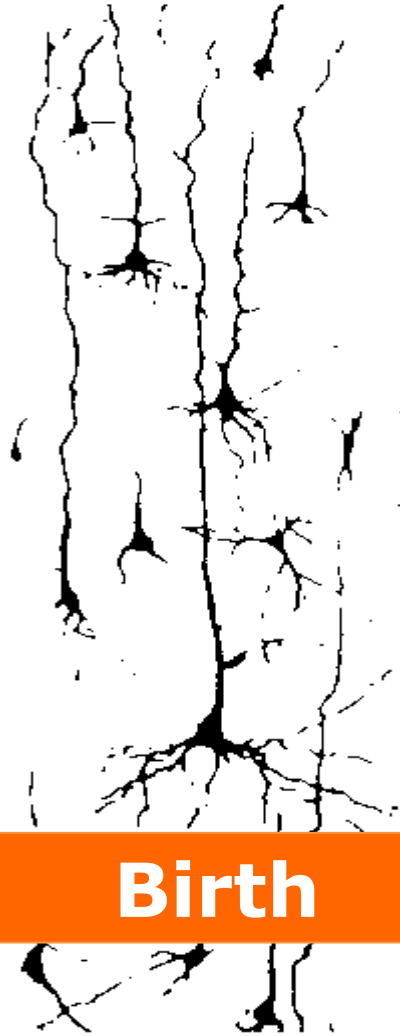
Center on the Developing Child, Harvard University: http://developingchild.harvard.edu/key_concepts/brain_architecture/

Brain Growth



Reference: Dekaban (1978)

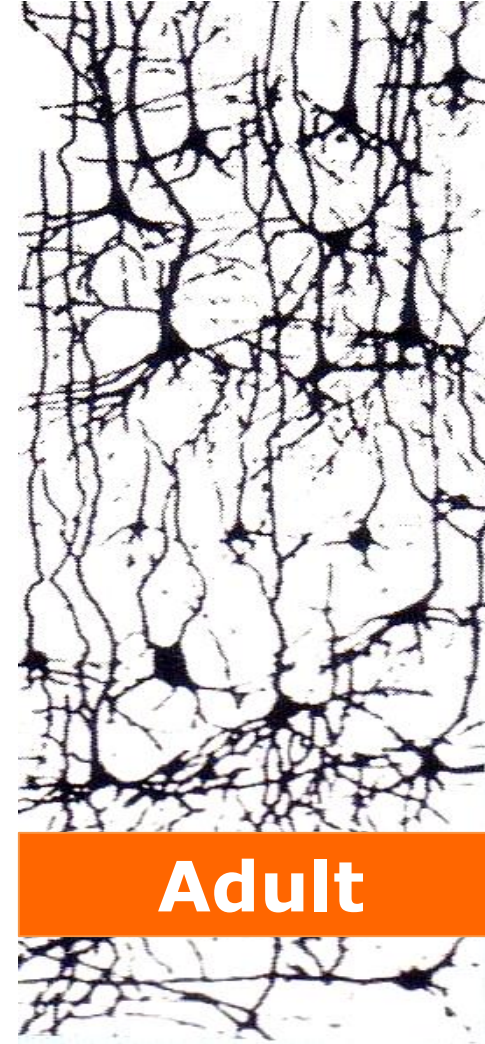
Connections and Pruning



Birth

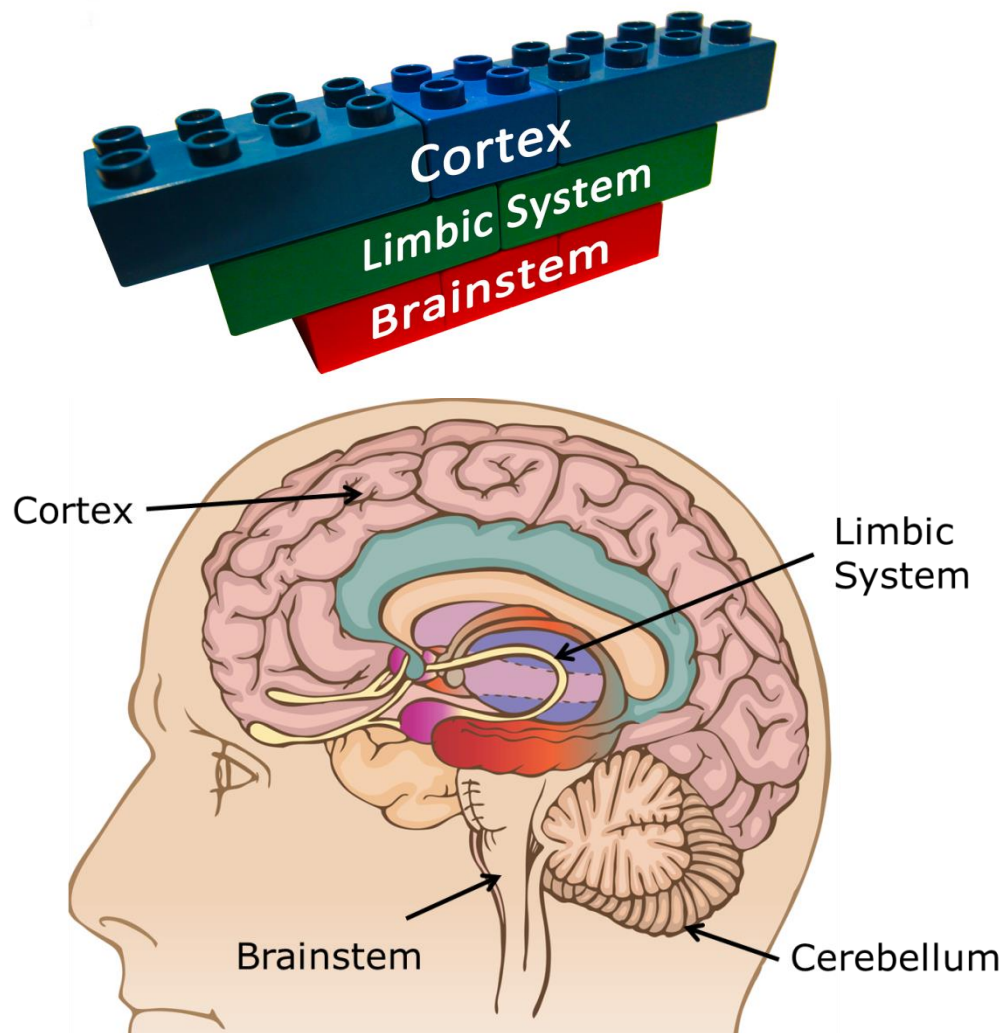


Early Years



Adult

Building the Brain



Supporting Secure Attachment



References: Bowlby (1988), Dykas (2011), Perry (2004), Schore (2000).

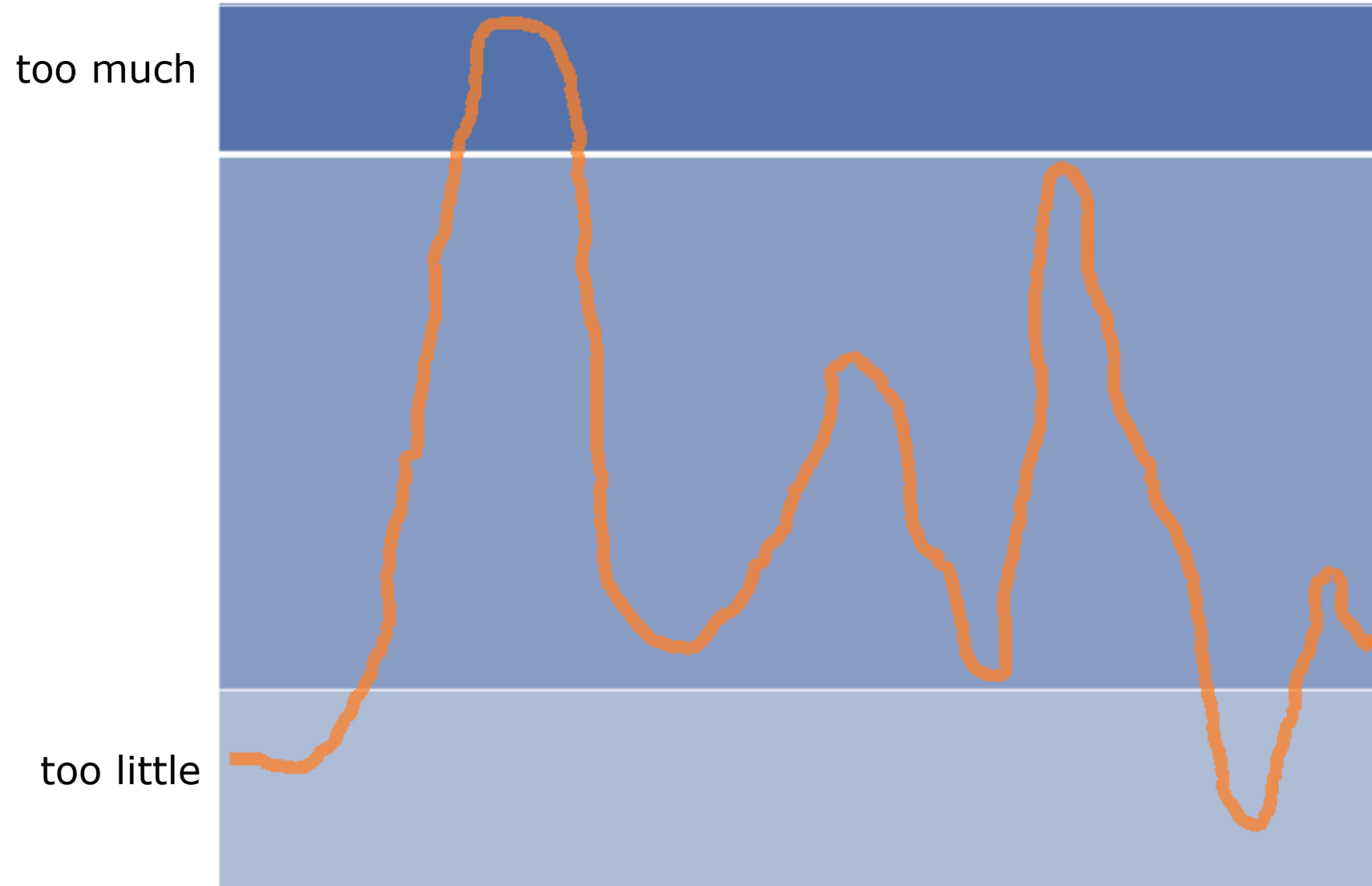
Three Core Concepts in Early Development

2 Serve & Return Interaction Shapes Brain Circuitry

NATIONAL SCIENTIFIC COUNCIL ON THE DEVELOPING CHILD

Center on the Developing Child  HARVARD UNIVERSITY

Stress – Within The Bounds



Factors which can impact outcome

Risk Factors

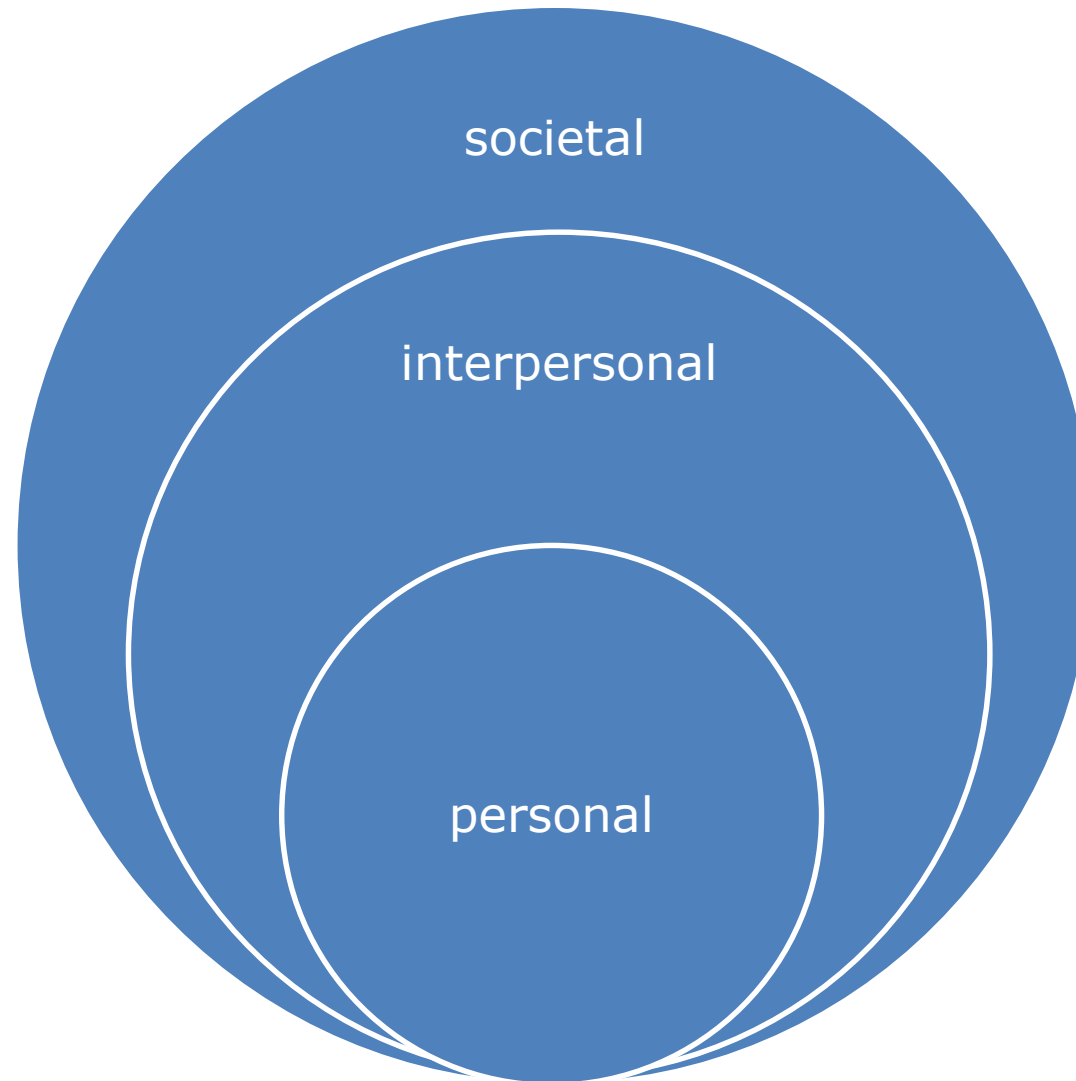
- 🧠 increase the likelihood of a poor outcome
- 🧠 do not **cause** the outcome, but increase its probability

Protective Factors

- 🧠 Higher probability of good outcomes
- 🧠 Do not guarantee a good outcome



Risk/Protective factors



Rupture and Repair



Poor Attachment



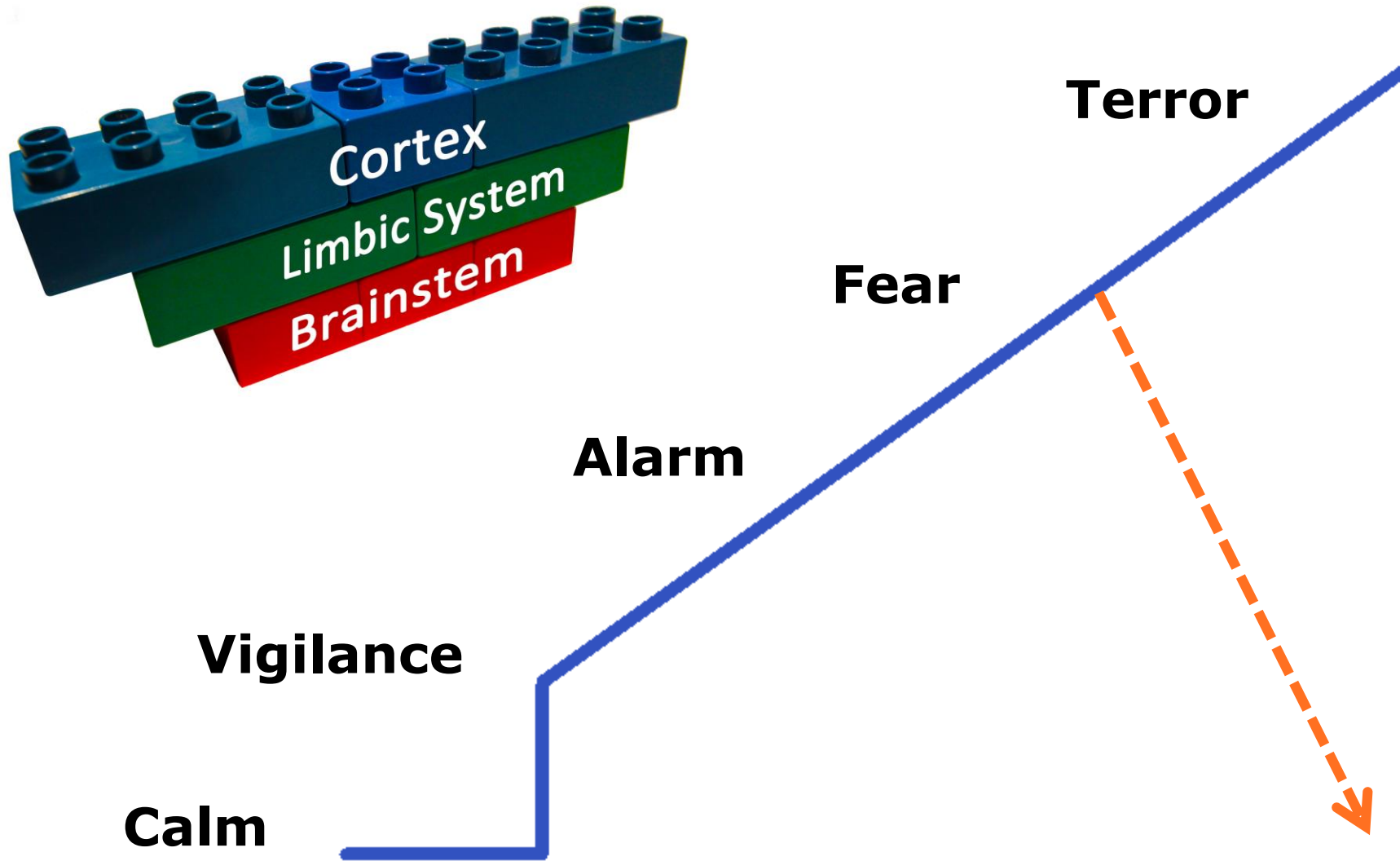
References: Cassidy (1994), Lyons-Ruth & Jacobvitz (2008).

Risks with Poor Attachment

- Behaviour
- Coping with stress
- Relating
- Future parenting



Response to Threat





What You Can Do



Electronic Media



Reference: Christakis & Zimmerman (2009).

Potential Benefits

More likely when:

- 🧠 3 - 4 years old
- 🧠 Attending part-time
- 🧠 ECE is of high quality
- 🧠 Care arrangements are stable



Potential Risks

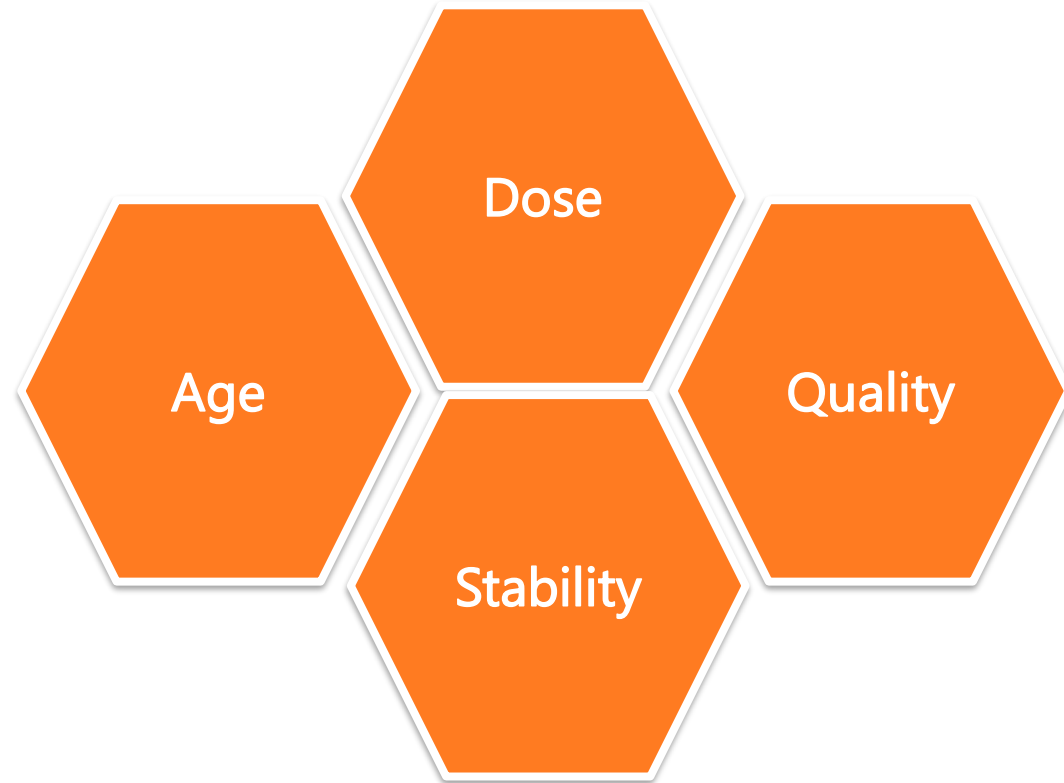
More likely when:

- 🧠 Below 3 years, especially babies
- 🧠 Increasing hours in ECE
- 🧠 Poor quality ECE
- 🧠 Instability of care arrangements



What to Consider...

These factors all influence the likely outcomes





**Every child
deserves
the best start
in life**



www.brainwave.org.nz



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