

Parental training during well child visits

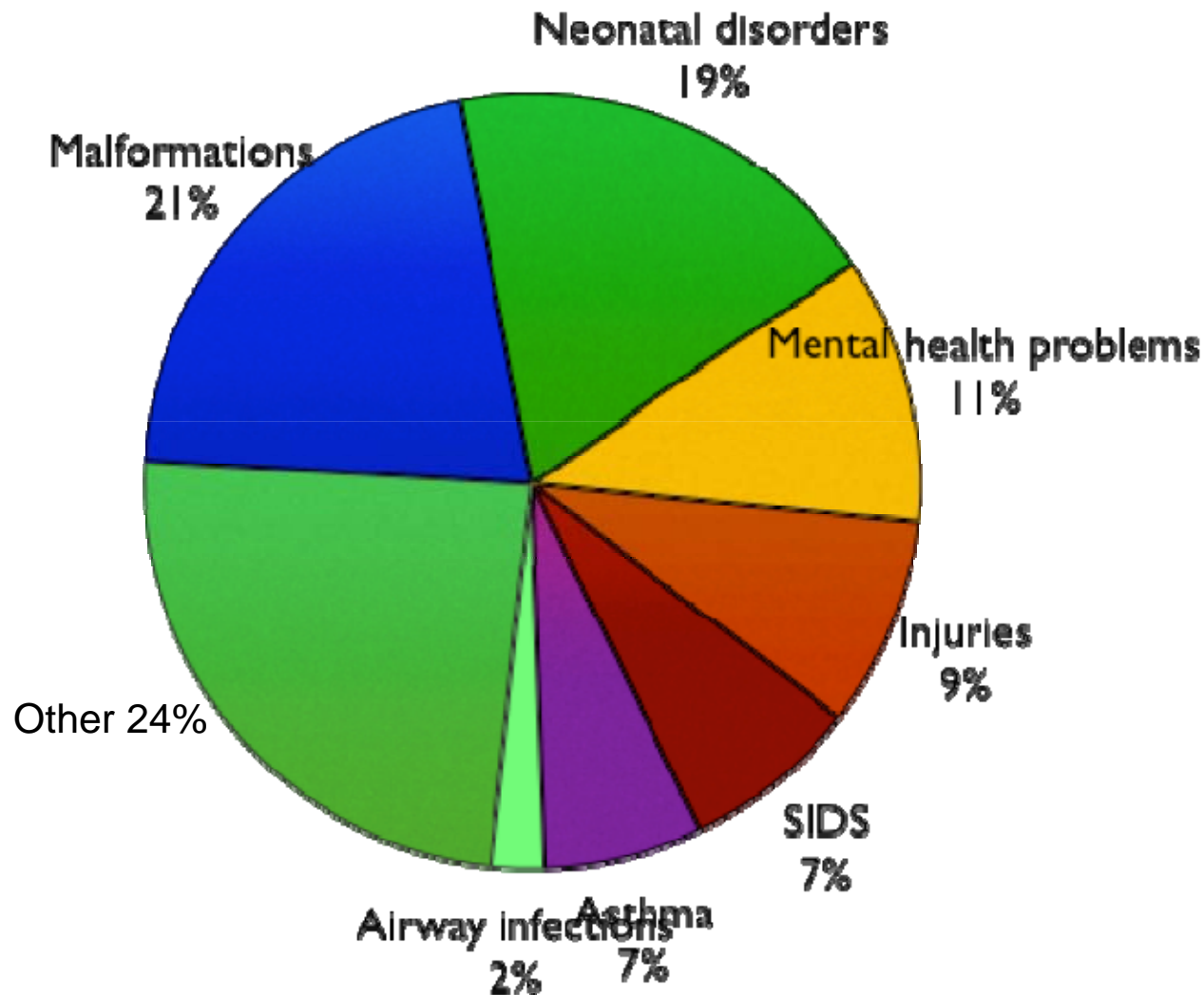


Sven Bremberg
MD PhD

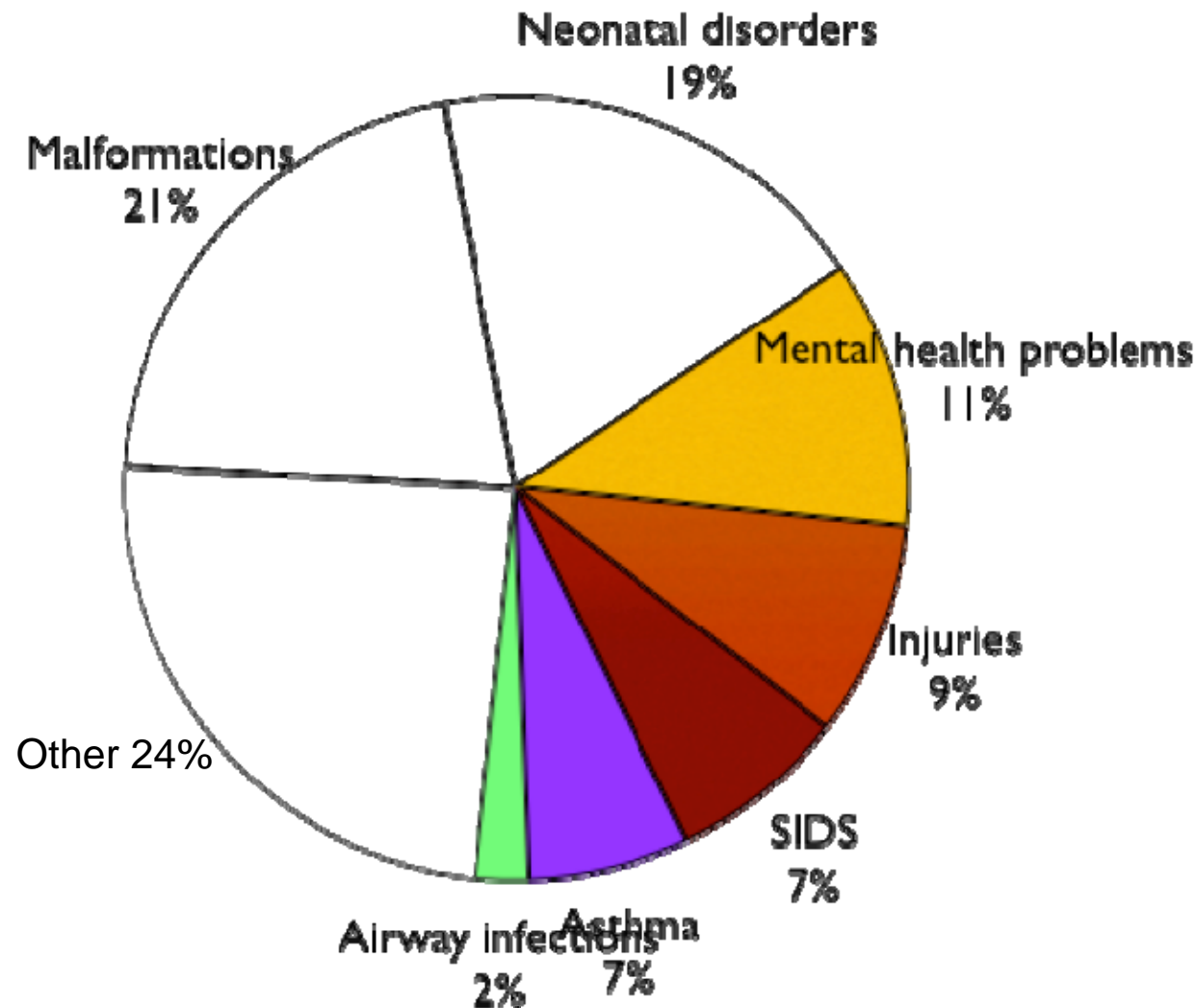


Swedish National Institute
of **Public Health**

Disability adjusted life years (DALYs) lost, age 0-14 yrs, Sweden 1988-95



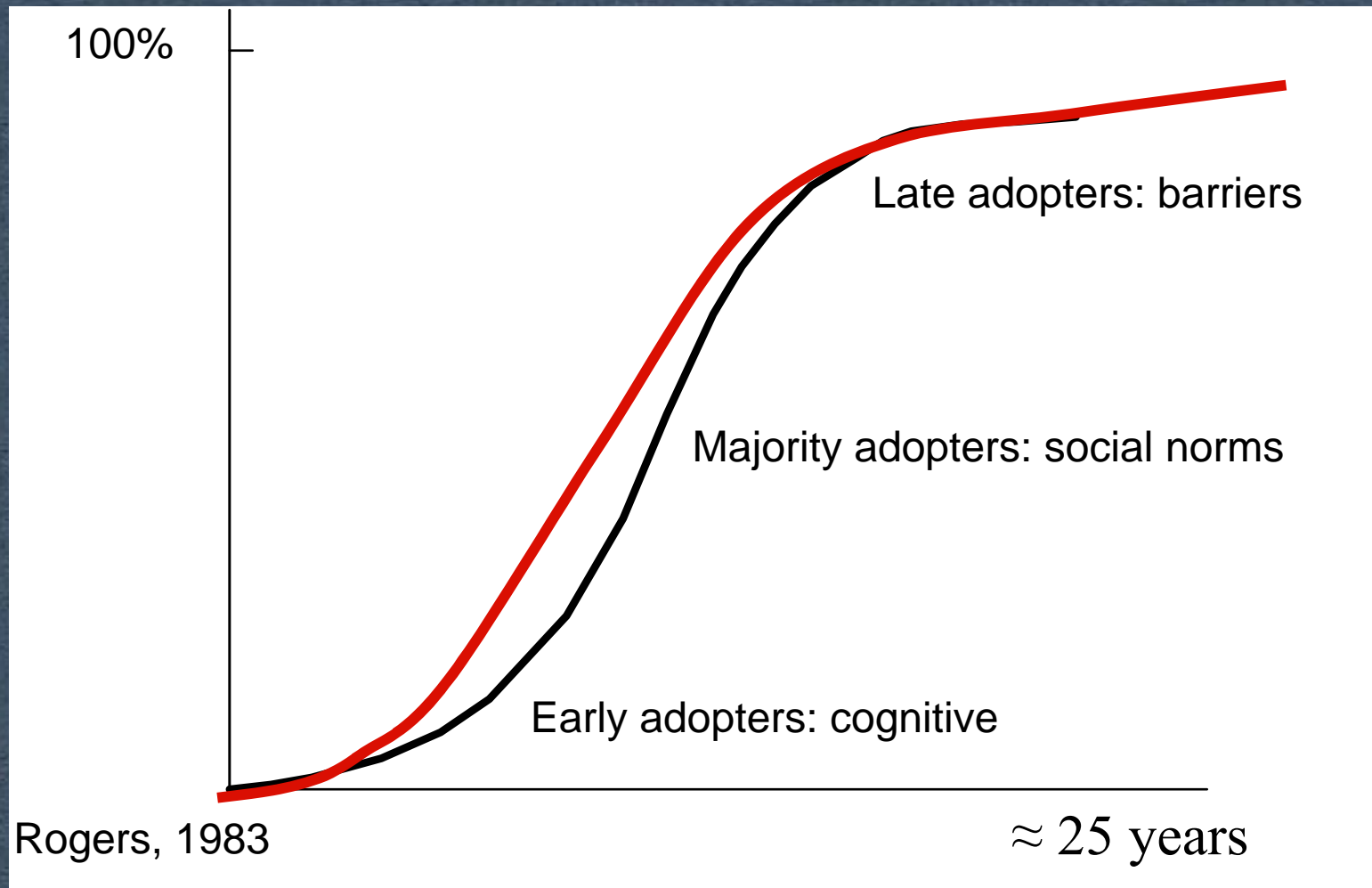
Disability adjusted life years (DALYs) lost, age 0-14 yrs, Sweden 1988-95



Parental information and training at child health visits - effects proved in RCT:s

- Breast feeding
- Injury prevention
- Smoking
- Mental health promotion
- ...

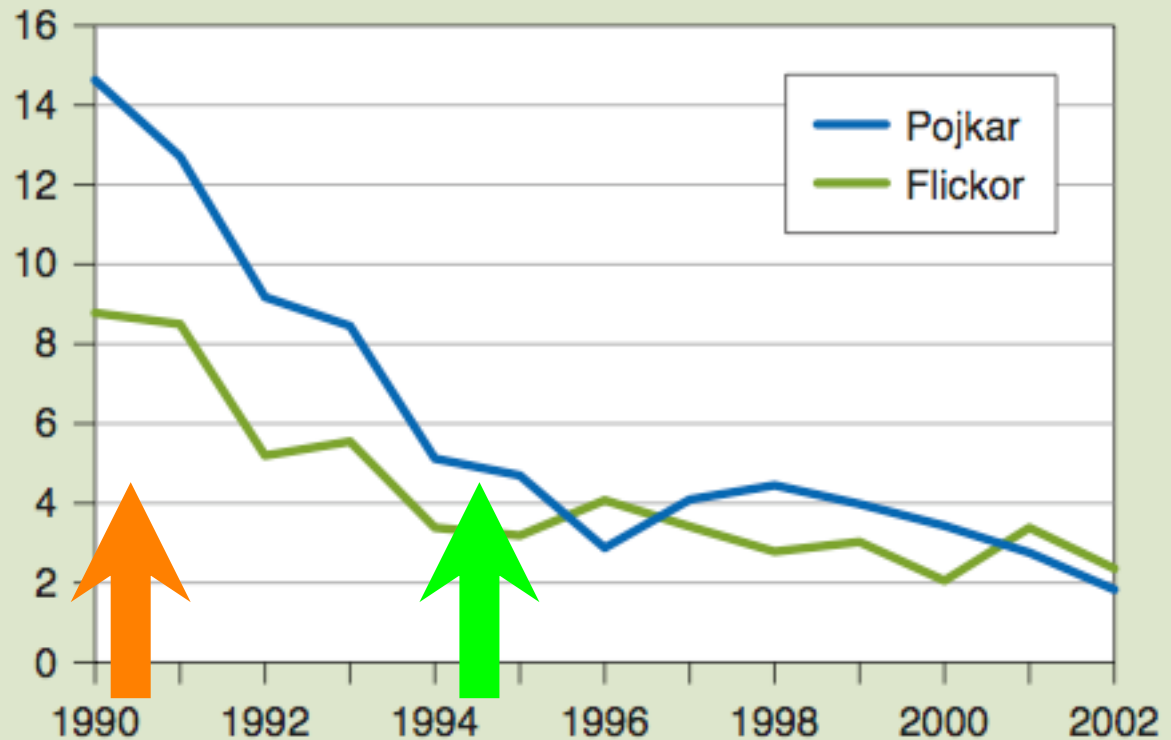
Diffusion of innovations



SIDS -
prone
to back

SIDS in Sweden

Antal per 10 000



TV

Health A.

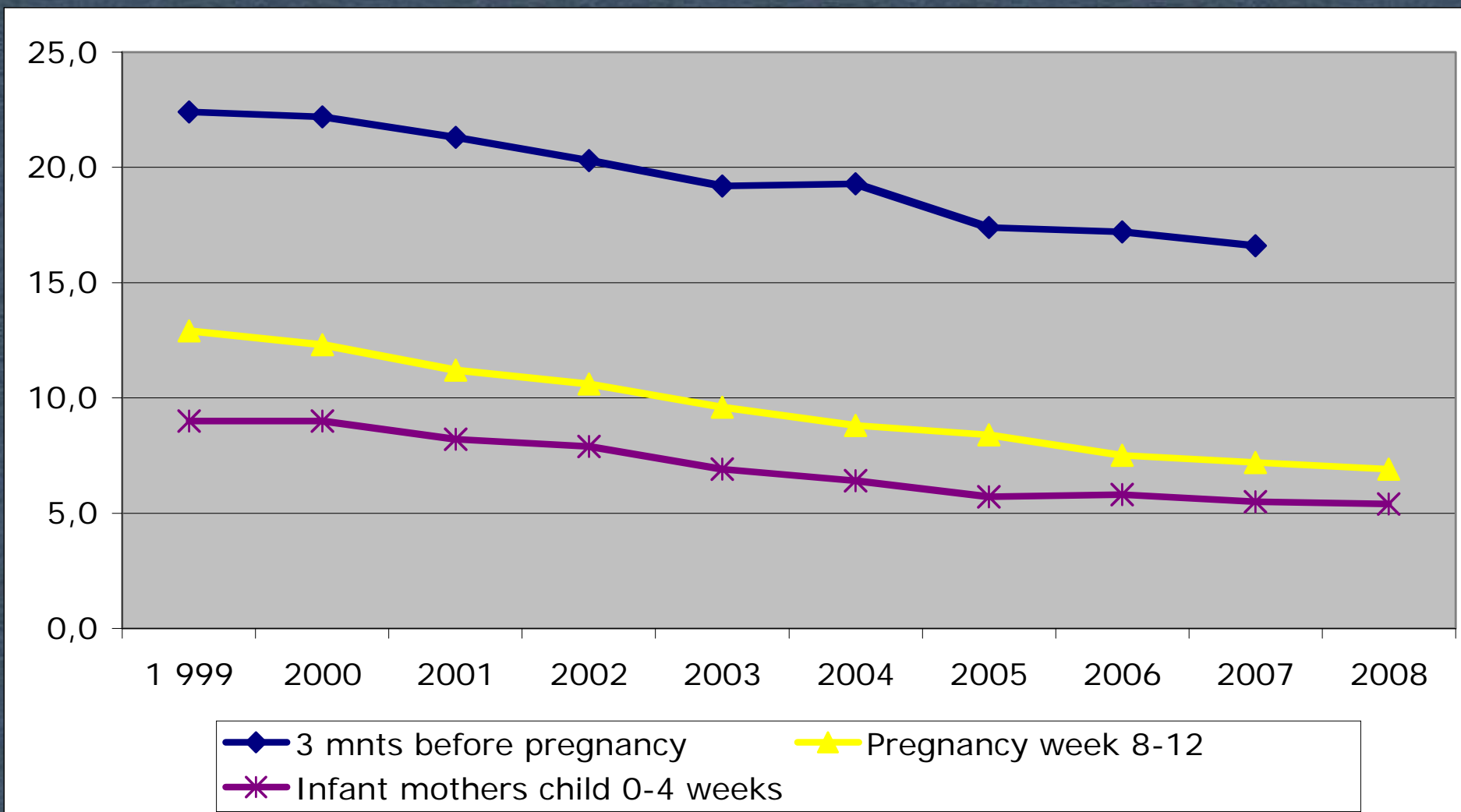
Figur 7:3. Antal dödsfall i plötslig spädbarnsdöd (SIDS, Sudden Infant Death Syndrom) per 10 000 födda, 1990–2002.

Smoke free children

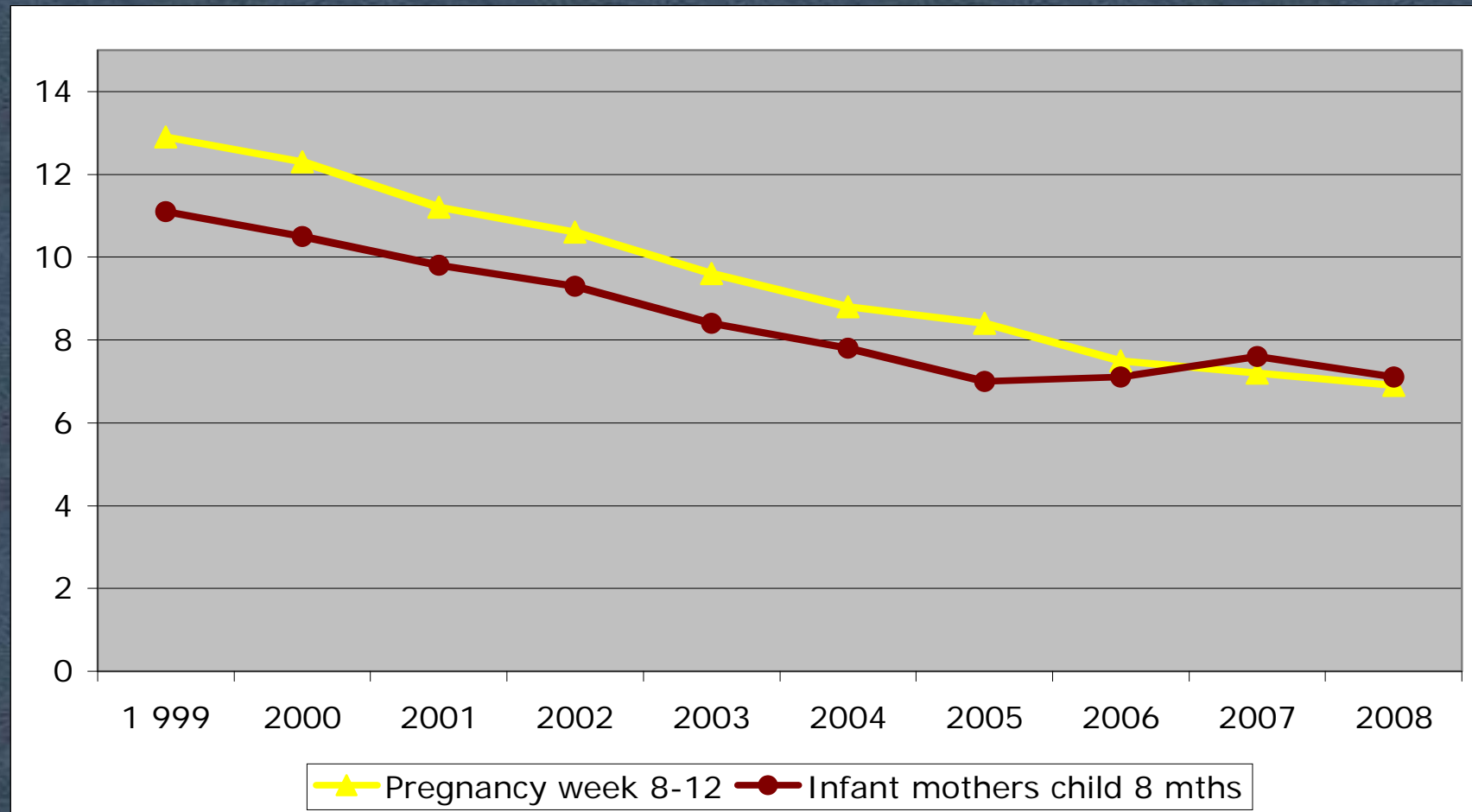


- Parent centred information vs traditional approach
- Evidence from RCT:s

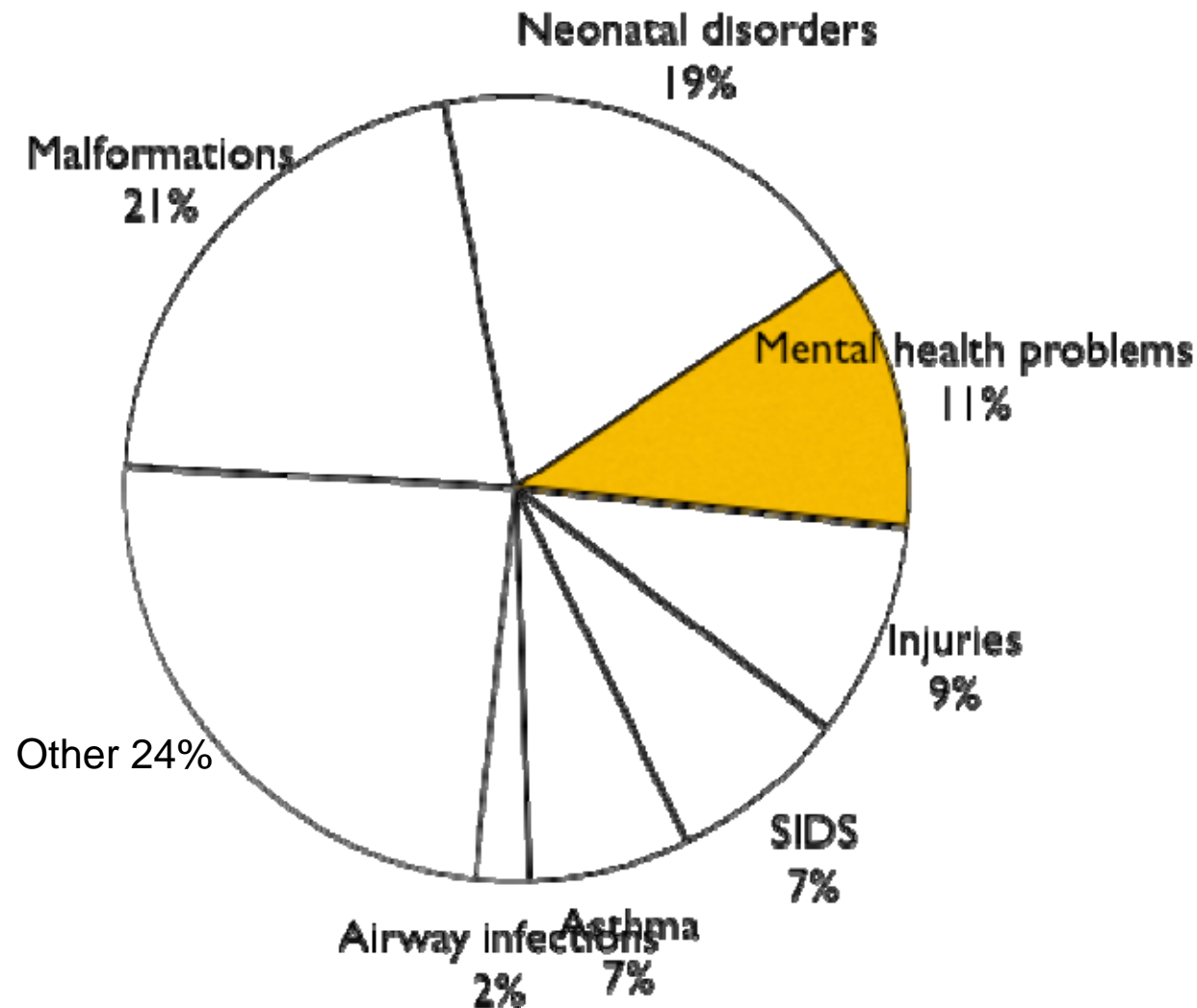
Maternal smoking in Sweden - contributions from the Maternal Health Service



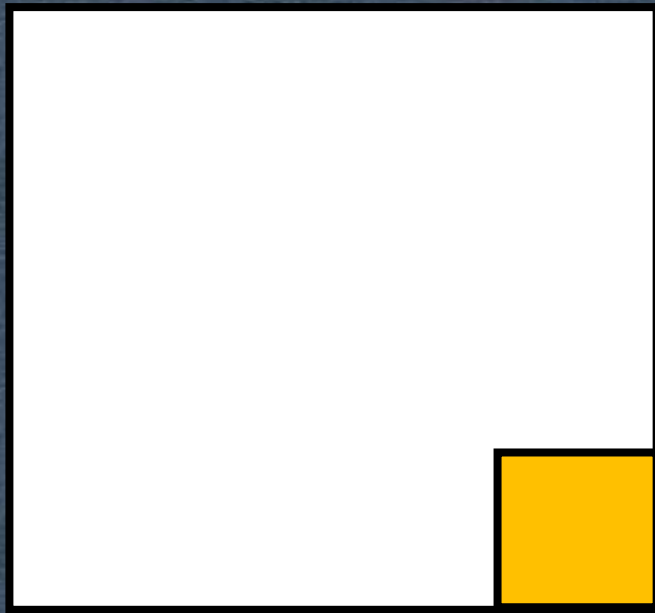
Maternal smoking - contributions from the Child Health Service



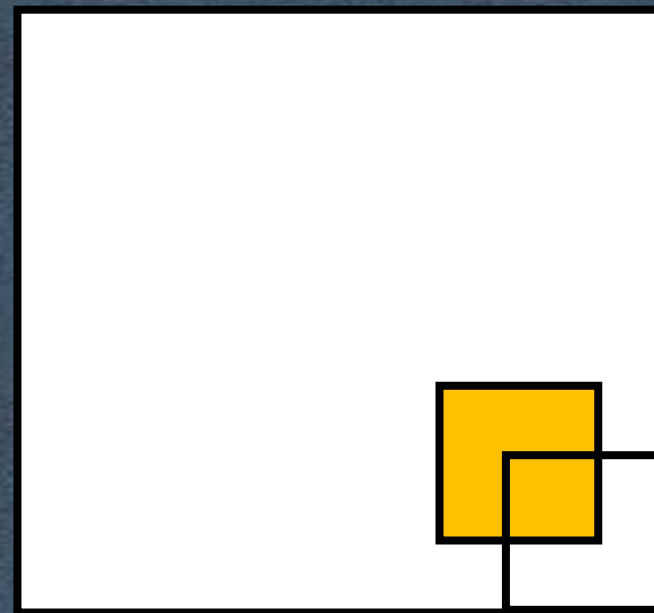
Disability adjusted life years (DALYs) lost, age 0-14 yrs, Sweden 1988-95



Early detection?



4 yrs age



10 yrs age

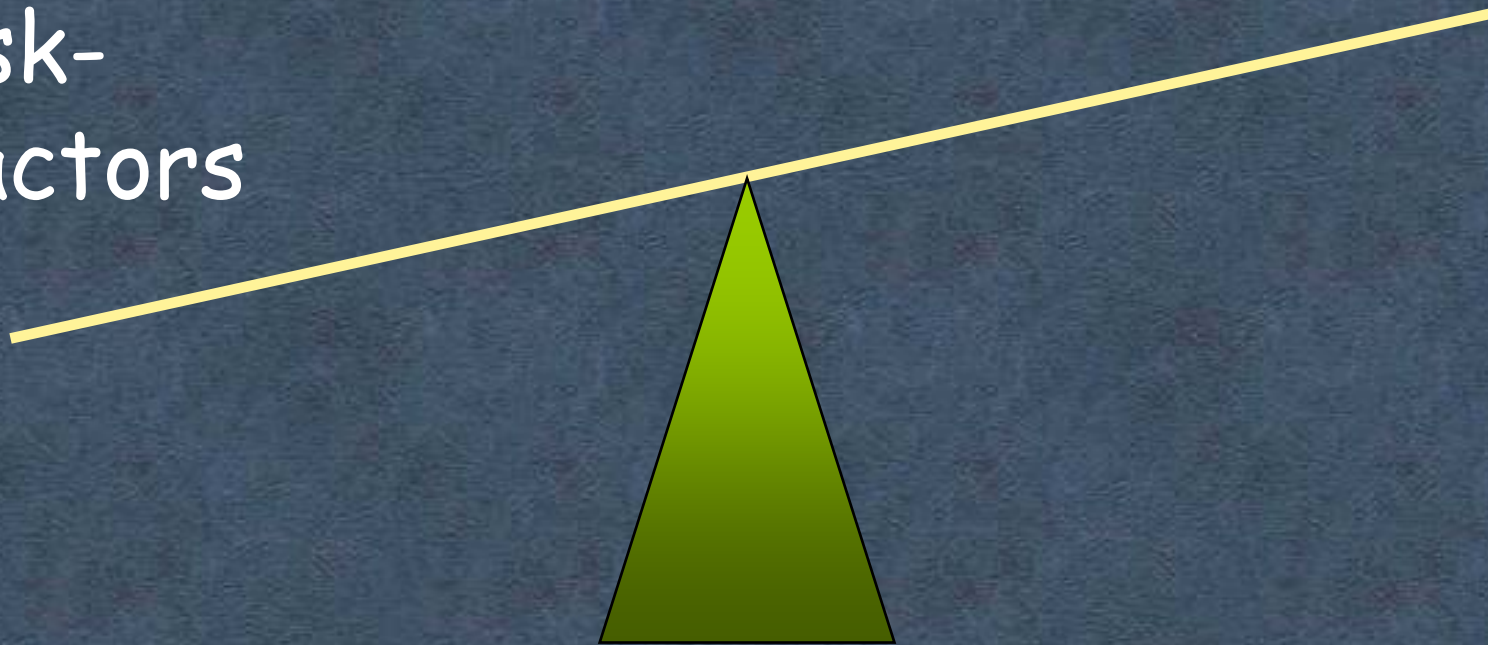
Life course



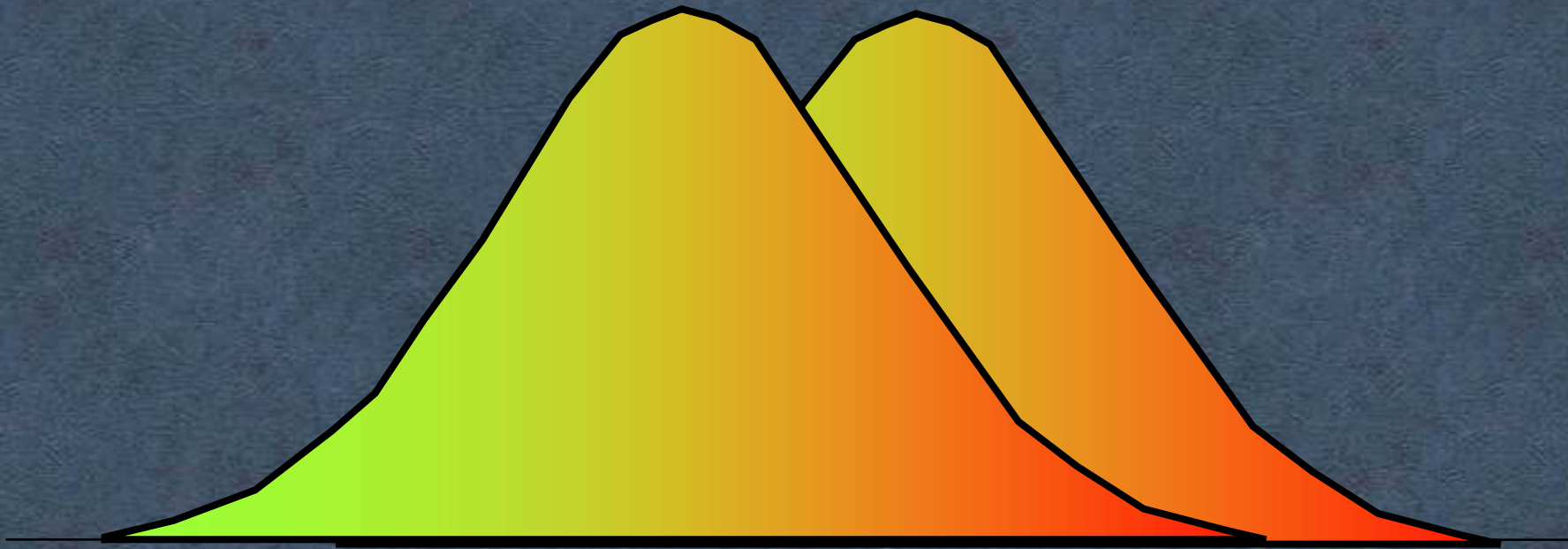
Improve the balance

Risk-
factors

Protective
factors



Universal health promotion



Parental support: the potential



- Counselling by a GP - RCT
 - 10 visits, 20 minutes, 0-6 yrs
 - Follow up at age 6: less anxiety, sleep, aggression
 - At age 27-29: less depression, smoking, obesity. Better education.
 - Cullen et al, Australia, J Pediatr, 1996
- Counselling by a nurse - RCT
 - Counselling at home, once a month, 0-5 yrs
 - At age 20: 40 % reduction of depression.
 - Aronen et al, Finland, Am J Orthopsych, 2000

Health promotion by improving parenting skills during childrens early years



- Behaviour problems
- Depression and anxiety
- Smoking
- Alcohol and illegal drugs
- Obesity and food habits
- Cardiovascular disease

Source: Stewart-Brown, S. (2008).
Improving parenting: the why and
the how. *Arch Dis Child*, 93(2), 102-
104.

Infants



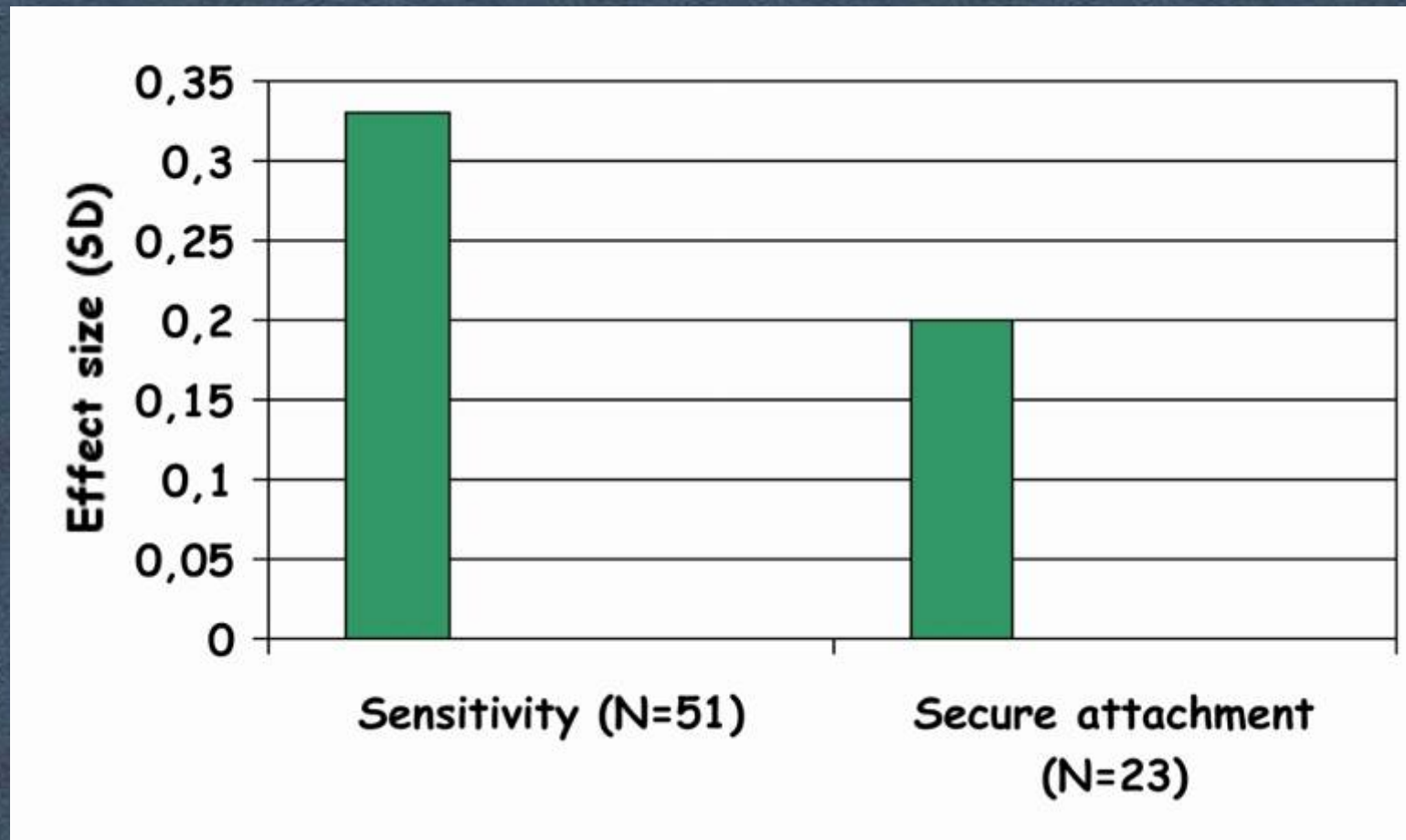
- Secure attachment before age 18 months prevents mental health problems
- Inner model formed
- Secure attachment: 60% by age 18 months
- Insecure attachment 40%
 - Anxious-insecure
 - Anxious-avoidant
 - Disorganized

Pedagogic models enhancing caregiver sensitivity to infant signals

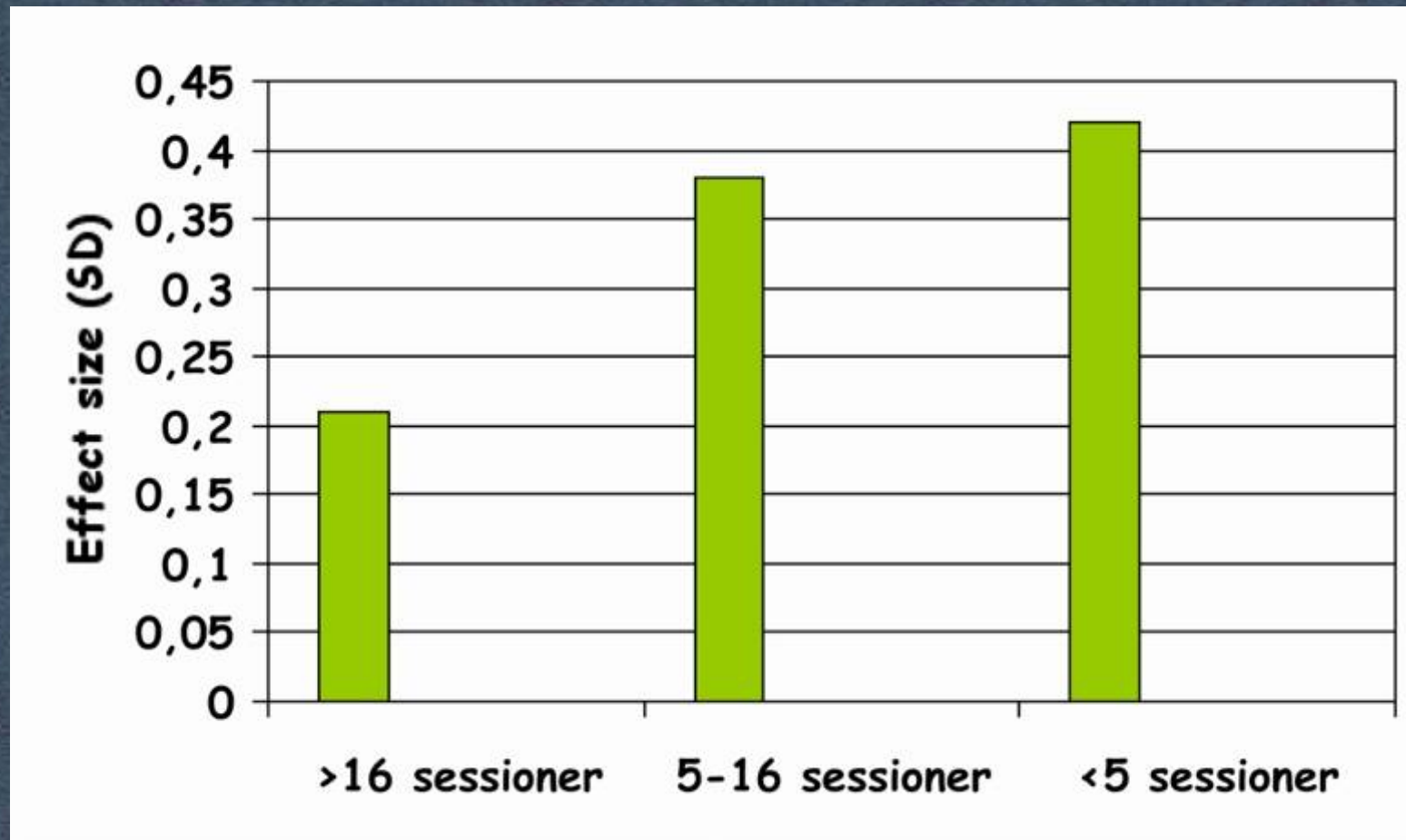


- Video clips or photos
- Interpretation of infant signals - response will follow
- ICDP (Hundeide, Norway)
- Right from the start (Niccols, Canada)

RCT studies of attachment enhancing programmes (Bakermans-Kranenburg, 2003)



Attachment enhancing programmes, RCTs (Bakermans-Kranenburg, 2003)



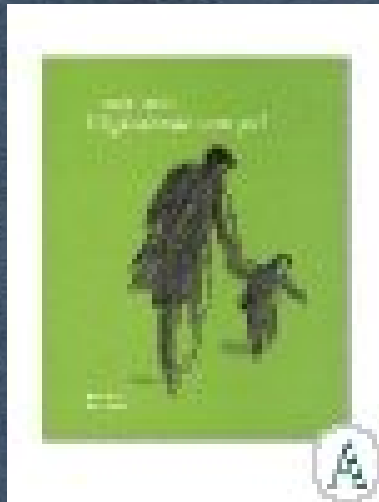
Infrastructure: parent support groups at child health centres



- Established during the 1970-is
- Led by a child health nurse
- Population coverage 65 %
- New attachment promoting programmes introduces into these groups

ICDP

International Child Development Programmes



- \approx 400 child health nurses (15%) Sweden have been trained as facilitators
- Photos rather than video clips
- Interpretation of infant signals
- ICDP is used internationally also after infancy

Children age 2-10 years



Diana Baumrind - parenting styles



	Warm/accepting	Hostile/negative
Restrictive	Authoritative	Authoritarian
Accepting	Yielding	Neglecting

Gerald Patterson



- Studies of children living in adverse circumstances
- Social learning theory
- To be consistent

Structured methods for training of parental skills



- Support parents to combine
 - "Warmth"
 - "Control"
- Based on cognitive behavioural theory
 - Role modelling
 - Training

Children age 3-10 years



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KOMET

The Incredible Years
Parents, teachers, and children training series

familje
VERKSTAN

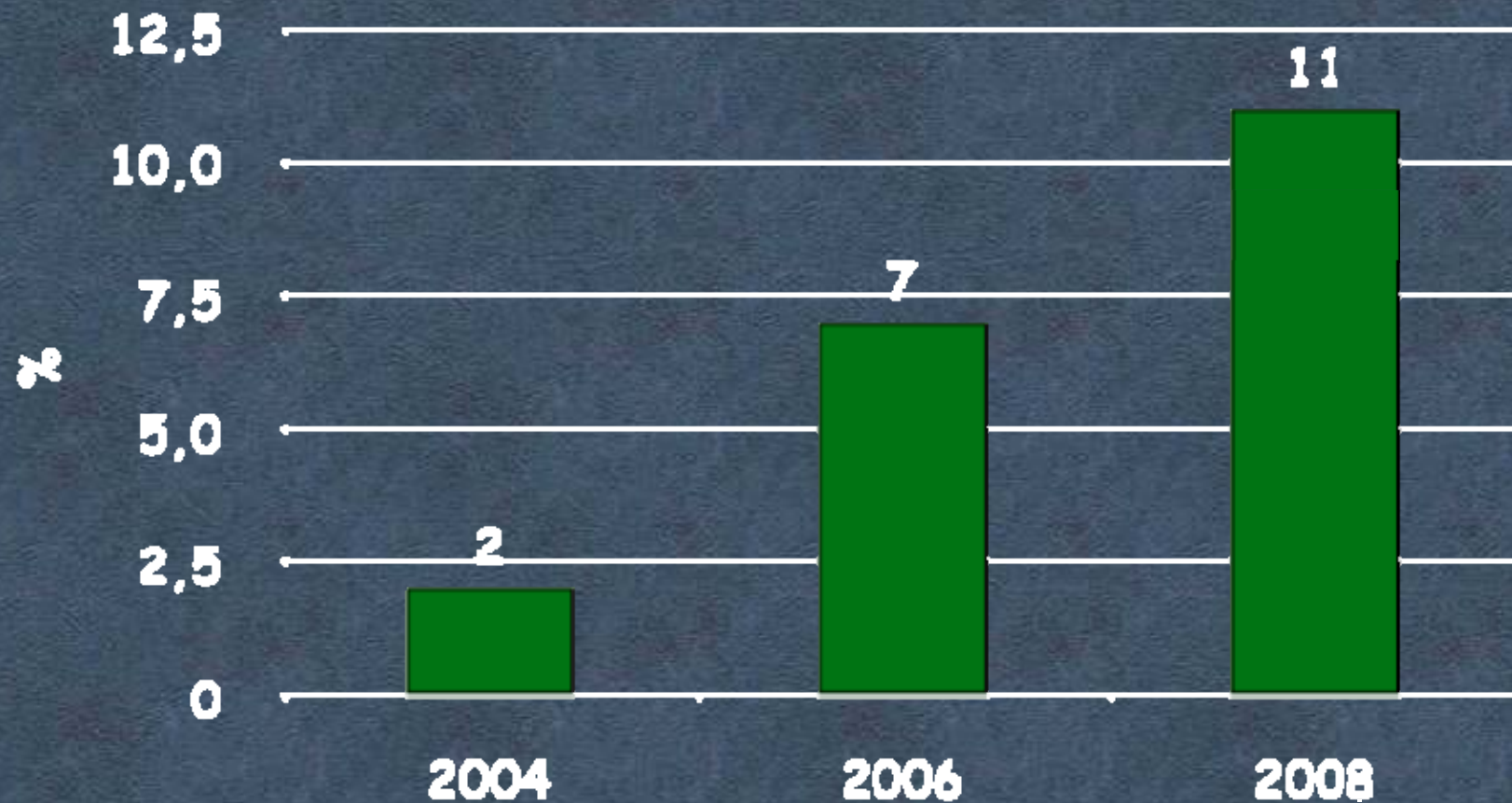
Systematic review of 77 RCT - Analysis of components in effective programmes



- Consistent reduction of behaviour problems, anxiety and depression
- Emphasis on a positive interplay
- Learning by practice - "home work"
- Models for handling "bad behaviour"

Kaminski, et al. (2008). *J Abnorm Child Psychol*, 36(4), 567-589.

Fraction of all first child parents who have participated in a parental group, child age 3-10 yrs, Sweden 2004 - 2008



Fathers



- Shift in view on father's role
- Systematic review of 20 studies: Father engagement reduce behavioural problems, mental disorders and enhance cognitive development (Sarkadi et al, 2008)
- Consequences for practice

Parenting support in low SES families



- Emphasis on training vs. taking
- Group vs. Individual
- Physicain, nurse or lay person

National parental programme launched in Sweden 2009



- Child age 0-18 yrs
- Different actors
 - Health services
 - Municipalities, NGOs
- Different methods
- In 2009-2010 €7 million for development and €8 million for research



Basic Public Health Statistics
for Local Authorities

The EU Common Agricultural
Policy and public health

Conference material

Public Health Sciences
Education

Healthy Ageing

National Public Health Strategy

The 2005 Public Health Policy
Report

The Swedish Risk Drinking
Project

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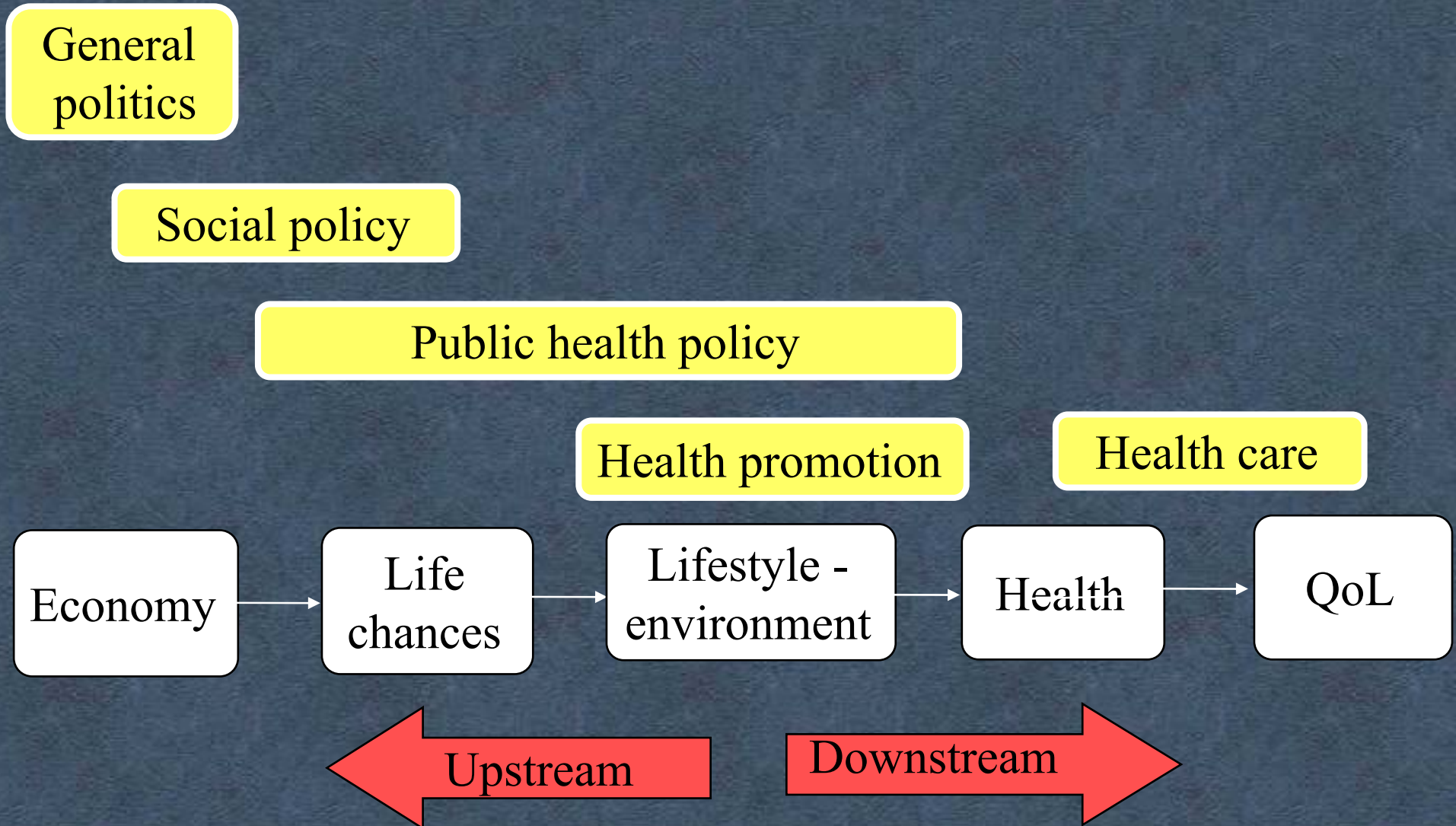
Photo: Klas Fritzon/Norrandia

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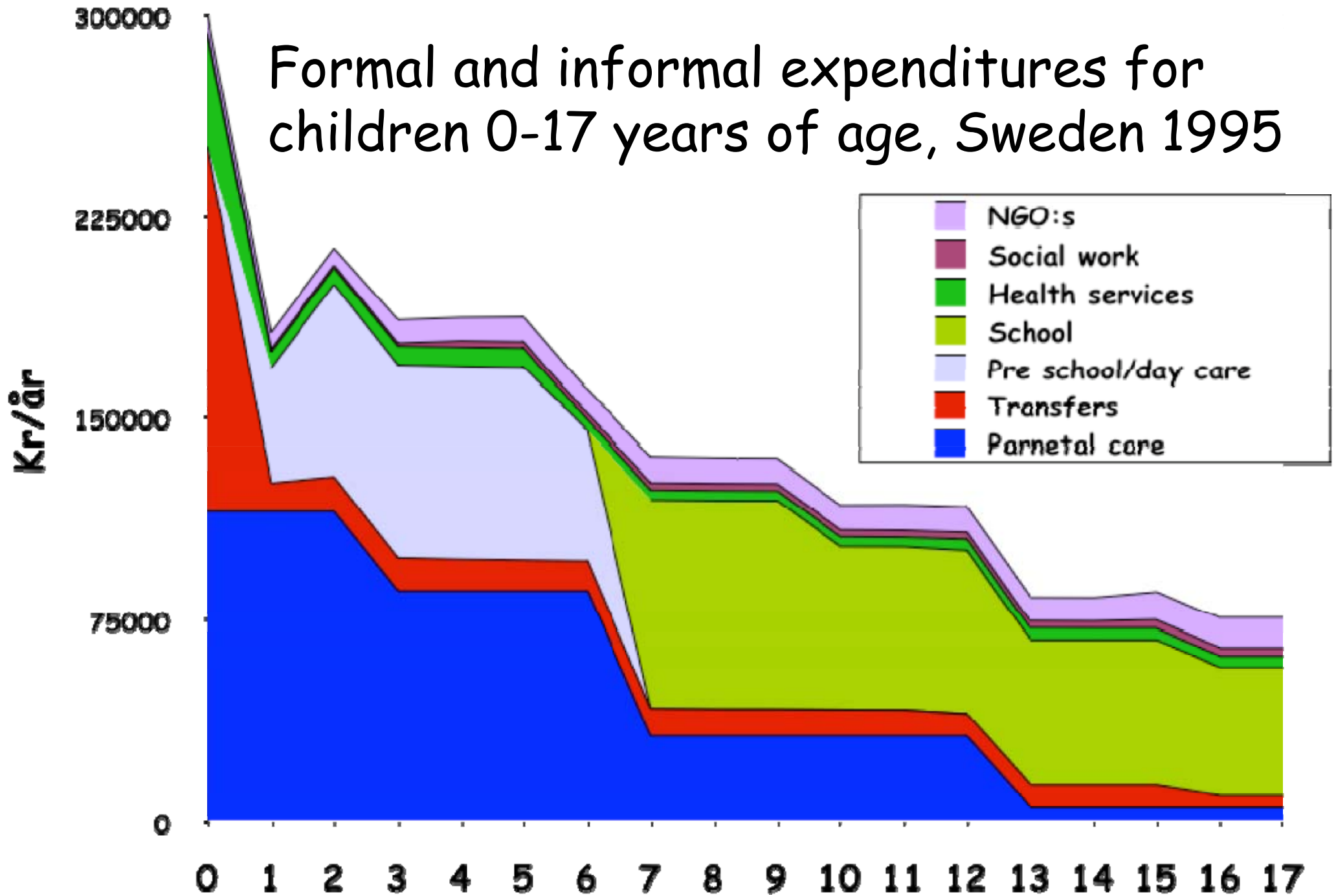
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Public health policy



Formal and informal expenditures for children 0-17 years of age, Sweden 1995



Historik



1925

1940

1955

1970

1990

2000

2009