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# Collaborative Consultation With Parents And Infants In The Perinatal Period



Collaborative Consultation  
with Parents and Infants in the Perinatal Period

ZACK BOUKYDIS



## Synopsis

When professionals listen to and support new parents in the perinatal period, families enjoy long-lasting benefits from stronger attachment to increased parent responsiveness and confidence. This guidebook shows practitioners how to conduct effective, collaborative consultation sessions that help parents and infants in the critical first few months of life. Developed by an experienced clinician and researcher, this accessible guide helps practitioners form productive, equal partnerships with new parents, based on warm and attentive listening and responding. A wide range of professionals including doctors, nurses, psychologists, social workers, and home visitors will discover how to understand and document key aspects of infant behavior and child-parent interaction observe the baby together with parents, engaging in thoughtful observation and respectful communication develop strong active listening skills so they can better understand and support parents guide parents in reading their baby's cry patterns and developing strategies for soothing transform potential misperceptions of the infant that may interfere with parent-child bonding collaborate with parents during a structured neurobehavioral assessment conduct ultrasound consultations with mothers-to-be to increase their sense of connection with the baby explore how the consultant's own feelings, intuitions, and bodily reactions can help uncover what parents and infants need tailor the consultation framework for preterm and/or substance-exposed infants and their parents Principles of effective consultation come to life with clear examples and engaging vignettes, and the forms and tools including Observation of Infant Neurobehavior, See Me Develop form, My Baby Behavior Diary, Cry Consultation Interview, Ultrasound Session Coding System, NETHELP social support interview, and Six Steps of Focusing • help consultants collaborate successfully with parents and record key information. A positive, strengths-based approach for supporting infants and families, this book will help practitioners effectively nurture parent-infant attachment and give newborns the best chance for healthy development.

## Customer Reviews

"Sensitively navigates previously uncharted waters, to instruct clinicians in an essential area of practice--how to optimally engage caregivers in neurobehavioral assessment and intervention with their neonate. Highly recommended for all practitioners who are conducting neurobehavioral assessments."--Rosemarie Bigsby, ScD, OTR/L, FAOTA "The Warren Alpert Medical School of Brown University" (05/01/2012) "Dr. Boukydis attends to and is deeply respectful of the experiences

of the infant, the parent and the consultant. This book will be a valuable resource for students and practitioners from the many disciplines in the infant-family arena."--Alison Steier, Ph.D."Director, Harris Infant and Early Childhood Mental Health Training Institute, Southwest Human Development" (05/03/2012)"Some authors break through our current understanding with applications of former work that guide professionals to provide best practice. This book does just that . . . This is a must-read for NICU and perinatal professionals."--Kathleen A. VandenBerg, Ph.D."Center Director/NIDCAP Master Trainer, West Coast NIDCAP & APIB Training Center, University of California San Francisco" (05/23/2012)"Very practical, but still grounded in research . . . a novel and valuable contribution to the infant mental health literature." --Angela M. Tomlin, Ph.D.

Zack Boukydis, Ph.D., is a developmental/clinical psychologist whose career has been devoted to research and clinical work with mothers, families, and babies. He is the editor or coeditor of three books: *Support for Parents and Infants: A Manual for Parenting Organizations and Professionals* (Routledge & Kegan Paul, 1986), *Research on Support for Parents and Infants in the Postnatal Period* (Ablex, 1987), and *Infant Crying: Theoretical and Research Perspectives* (with Barry M. Lester, Plenum Press, 1985), as well as the author of numerous research publications and grants. Throughout his career, Dr. Boukydis's work has focused on the influence of infant crying on parents, the neurobehavioral development of at-risk infants (including preterm and substance-exposed infants), interventions to support families in neonatal intensive care units and mothers and infants in drug treatment programs, and an ultrasound consultation program in which practitioners join with mothers and families in watching their baby during routine ultrasound screens in obstetric clinics. He is a focusing coordinator and focusing-oriented therapist with the Focusing Institute of New York and has developed a special international training program, *Focusing-Oriented Parent-Infant Consultation: Bringing Focusing to Work with Parents and Infants*. He is also a trainer on the NICU Network Neurobehavioral Scale (NNNS; Paul H. Brookes Publishing Co., 2004) in the United States, Europe, and Africa. Dr. Boukydis was a member of the Harris Professional Development Network and was a Fulbright Fellow between the United States and Hungary. Dr. Boukydis is currently on the editorial review board of the *Journal of Visualized Experiments* and is a reviewer for *Acta Paediatrica*. He is on the faculty of the Department of Pediatrics, Semmelweis Medical School, and the Institute of Psychology, Eotvos Lorand University, Budapest, Hungary, and is Visiting Professor, Department of Pediatrics, University of Turku, Turku, Finland.

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