

Practice Change Champions (PCC): Attachment Discussion Group Resource Packet

Abstract

The following packet contains resources relevant to the Practice Change Champion attachment session virtually held on March 3rd, 2022. Included are additional professional development opportunities, attachment resources, a directory of local and national services supporting families, books surrounding attachment and early childhood development, and supplemental academic and educational resources free of financial barriers.



TABLE OF CONTENTS

Introduction	3
Attachment Related Professional Development and Learning Opportunities	4
Additional Attachment Resources	5
Local Services Supporting Families	6
National Services Supporting Families	7
Books on Attachment within Infant and Early Childhood Development	8
Free Educational Resources	9
Free Academic Journals & Articles	10

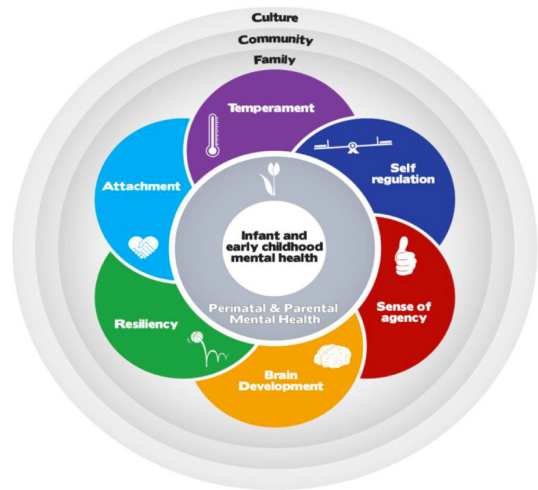


*“Ensuring all children and youth in
Ottawa can reach their full potential and grow up great”*

Introduction

The Infant and Early Childhood Mental Health (IECMH) Education and Awareness Task Group aims to create consistent messaging surrounding infant and early childhood mental health inclusive of prenatal and perinatal phases, family, the greater community, and culture. Primary areas of focus include:

- temperament;
- self-regulation;
- sense of agency;
- brain development;
- resiliency; and
- attachment.



This endeavour led to the establishment of Practice Change Champions (PCC). PCC is an initiative seeking to provide resources and education for professionals working with young children, their families and communities, on promotion and prevention, to strengthen overall professional capacity, and build community awareness on the importance of mental health in the early years.

IECMH would like to thank you for participating in the Practice Change Champions attachment discussion group. We recognize and applaud your commitment to quality standards of practice within child focused sectors through your engagement in continuous professional development opportunities.

This resource has been prepared to support your practice and IECMH hopes to see you at our next event.

For more information on Practice Change Champions, please visit the [Ottawa Child & Youth Initiative website](#).



Attachment Related Professional Development and Learning Opportunities		
Title	Type of Learning	Cost
Alberta Family Wellness, Brain Story	19 virtual modules, self-paced (~30 hrs)	No
Attachment and Trauma Treatment Centre for Healing (ATTACH), How attachment impacts brain development & strategies to strengthen connection & emotional awareness	Recorded webinar (35 min)	No
Canadian Child Care Federation	Various virtual learning courses, webinars, education and certification opportunities	Yes
Circle of Security Based Parenting Program	Facilitated virtual/in-person trainings (4 days)	Yes
Children's Healthcare Canada, Beyond Building Blocks: Investing in Lifelong Mental Health of Ontario's 3-6 Year Olds	Recorded webinar (51 min)	No
La Trobe University and Deakin University, MERTIL	8 virtual modules, self-paced (~12 hrs)	Yes
Tenth Annual Vancouver Neufeld Conference, Making Sense of Kids	Recorded webinar (55 min)	No



Additional Attachment Resources	
Source	Title
Encyclopedia on Early Childhood Development	Attachment
Caring for Kids	Attachment, A Connection for Life
Encyclopedia on Early Childhood Development	Attachment at an Early Age (0-5) and its Impact on Children's Development
Infant and Early Mental Health Promotion (IEMHP)	Comfort, Play & Teach
Santé Publique Ottawa	Guide de Ressources: Grande Région d'Ottawa
Best Start	Healthy Brains Video: Love Builds Brains
Harvard University, Center on the Developing Child	Key Concepts, Brain Architecture, Serve and Return, Toxic Stress
Caring for Kids	Screen Time and Young Children
Alberta Family Wellness Initiative	Serve and Return (English)
	Service et Retour (Français)
eMental Health/eSantéMentale	What is Infant and Early Childhood Mental Health? (English)
	Qu'est-ce que la santé mentale du nourrisson et de la petite enfance? (Français)
National Scientific Council on the Developing Child	Young Children Develop in an Environment of Relationships



Local Services Supporting Families	
Name of Entity	Details
211 Ontario	211 Ontario provides information about community and social services in the province of Ontario.
Attachment Consultation and Education Service (ACES)	A clinic that supports children and youth up to 18 who are suspected of having an attachment disturbance or disorder.
Best Start Resource Centre: Ontario's Maternal Newborn and Early Child Development Resource Centre (Best Start)	Best Start is a bilingual health promotion organization that works with diverse partners to build healthy, equitable and thriving communities. It supports service providers who work in preconception health, prenatal health and early child development.
Centre D'Appui et de Prévention (CAP)	The CAP offers mental health services, addiction services, and other therapeutic services to francophone individuals and families in Ontario. Children and youth remain at the heart of their mission.
Community Navigation of Eastern Ontario (CNEO)	Formerly known as the Community Information Centre of Ottawa (CICO), the CNEO is a non-profit, bilingual organization that helps to connect people through mediated access to community, social, health and governmental services in their community.
Crossroads: Children's Mental Health Centre	Crossroads Children's Mental Health Centre is a leader in developing and delivering a range of individualized mental health services solely for children under the age of 12 and their loved ones.
Ontario EarlyON and Family Centre Portal	EarlyON Child and Family Centres offer free, high-quality programs for Ontario families and children from birth to 6 years old. This virtual directory supports those seeking to identify a centre.
Ottawa Based Community and Health Resource Centres	The Community Health and Resource Centre supports the Ottawa community in locating the community centre within their residential neighbourhood.
Parent Resource Centre (PRC)	The PRC helps build confidence, resilient families by providing engaging high-quality programs, a wide variety of social services and supportive resources for children, youth, parents and caregivers.



Parenting in Ottawa	Created by Ottawa Public Health (OPH) and other community partners, Parenting in Ottawa was designed to ease parenting by sharing a wide variety of information related to caregiving.
Pause. Moments Matter in the Life of a Child	The Pause. Moments Matter in the Life of a Child Campaign was created by the Infant and Early Childhood Mental Health (IECMH) Initiative to raise awareness about the importance of infant and early childhood mental health.
Vanier Children’s Mental Wellness	The Vanier Children’s Mental Wellness is a charitable organization that offers assessment and treatment for infants, children, youth and their families to support their challenges and to promote wellness.
Wabano Centre for Aboriginal Health	The Wabano Centre for Aboriginal Health offers support to the members of Ottawa’s Indigenous community through the provision of healthcare, mental health programs, cultural events, classes, and other collaborations with local social service providers.

National Services Supporting Families	
Name of Entity	Details
Child Welfare League of Canada (CWLC)	A membership based charitable organization dedicated to promoting the safety and wellbeing of young people and their families, especially those who are vulnerable and marginalized.
Infant and Early Mental Health Promotion (IEMHP)	The IEMHP is an organization which improves outcomes across the lifespan through translating and promoting the science of early mental health into practice with families during pregnancy, infancy, and early childhood.
Psychology Canada, Strong Minds Strong Kids	Strong Minds Strong Kids, Psychology Canada is committed to promoting the mental well-being of children and youth in Canada through the promotion of resilience.
Public Health Agency of Canada: Social Determinants of Health	The social determinants of health influence the health of populations and include social support networks, education, healthy child development, culture, and others.
The Attachment Network of Manitoba	The Attachment Network of Manitoba provides information on caregiver/child attachment, research, resources, training and workshops.



Books on Attachment within Infant and Early Childhood Development		
Author(s) & Contributors	Title	Cost
Carol George	Attachment Theory: Implications for Young Children and Their Parents (Chapter 6), in Infant and Early Childhood Mental Health	No
John Bowlby	Attachment Theory, Separation Anxiety, and Mourning	No
Veronica Read, Anita M. Hughes	Developing Attachment in Early Years Settings: Nurturing Secure Relationships from Birth to Five Years	Yes
Health Nexus, Best Start	My Child and I: Attachment for Life	No
Kent Hoffman, Glen Cooper, Bert Powell, Daniel J. Siegel, Christine M. Benton	Raising a Secure Child: How Circle of Security Parenting Can Help You Nurture Your Child's Attachment, Emotional Resilience, and Freedom to Explore	Yes
Deborah MacNamara, Gordon Neufeld	Rest, Play, Grow: Making Sense of Preschoolers (Or Anyone Who Acts Like One)	Yes
Alice Sterling Honig	Secure Relationships: Nurturing Infant/Toddler Attachment in Early Care Settings	Yes
Ruth Newton, Allan Shore	The Attachment Connection: Parenting a Secure and Confident Child Using the Science of Attachment Theory	Yes
L. Alan Sroufe	The Place of Attachment in Development (Chapter 43)	No
Daniel J. Siegel, Tina Payne Bryson	The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind	Yes
Andrew Garner	Thinking Developmentally: Nurturing Wellness in Childhood to Promote Lifelong Health	Yes



Free Educational Resources	
Name of Entity	Details
Alberta Family Wellness Initiative (AFWI) Resource Library	Resources from leading experts on the science of early brain development and its connection to mental health, including addiction.
Best Start, Healthy Baby Healthy Brain	A video series created by Best Start.
Childcare Resource and Research Unit: Childcare Canada	A resource-based website that focuses on early childhood education and care, family policy and social issues.
Encyclopedia on Early Childhood Development	The most up-to-date scientific knowledge on early childhood development, from conception to age five.
Harvard University, Center on the Developing Child	The Centre on the Developing Child is a multidisciplinary team committed to driving science-based innovation in policy and practice.
National Association for the Education of Young Children (NAEYC)	The NAEYC promotes high-quality learning by connecting practice, policy, and research.
York University, The Infant and Child Mental Health Lab	The Infant and Child Mental Health Lab presents their research which focuses on the well being and optimal development of infants, children, youth and their parents.



Free Academic Journals & Articles	
Author(s)	Title
Mary Dozer, Elizabeth Meade, Kristin Bernard	Attachment a biobehavioral catch-up: An intervention for parents at risk of maltreating their infants and toddlers
Denise Brend, Kara Fletcher, Jennifer Nutton	Attachment and the health potential of substitute caregivers within cross-cultural child welfare practice
Cindy Hardy, Sherry Bellany	Caregiver-infant attachment for aboriginal families
Manuela Verissimo, Nuno Torres, Filipa Silva, Carla Fernandes, Brian E. Vaughn, António J. Santos	Children's representations of attachment and positive teacher-child relationships
Pehr Granqvist, L. Alan Sroufe, Mary Dozier, Erik Hesse, Miriam Steele, Marinus van Ijzendoorn, Judith Solomon, Carlo Schuengel, Pasco Fearon, Marian Bakermans Kranenburg, Howard Steele, Jude Cassidy, Elizabeth Carlson, Sheri Madigan, Deborah Jacobvitz, Sarah Foster, Kazuko Behrens, Anne Rifkin-Graboi, Naomi Gribneau, Gottfried Spangler, Mary J Ward, Mary True, Susan Spieker, Sophie Reijman, Samantha Reisz, Anne Tharner, Frances Nkara, Ruth Goldwyn, June Sroufe, David Pederson, Deanne Pederson, Robert Weigand, Daniel Siegel, Nino Dazzi, Kristin Bernard, Peter Fonagy, Everett Waters, Sheree Toth, Dante Cicchetti, Charles H Zeanah, Karlen Lyons-Ruth, Mary Main, Robbie Duschinsky	Disorganized attachment in infancy: A review of the phenomenon and its implications for clinicians and policy-makers
Carolyn Doughty	Effective Strategies for Promoting Attachment Between Young Children and their Parents
Yoo Rha Hong, Jae Sun Park	Impact of attachment, temperament and parenting on human development



<p>Cristina Colonnese, Marleen van Polanen, Louis W. C. Tavecchio, Ruben G. Fukkink</p>	<p><u>Mind-Mindedness of male and female caregivers in childcare and the relation to sensitivity and attachment: An exploratory study</u></p>
<p>Michelle Bosquet Enlow, Bryon Egeland, Elizabeth Carlson, Emily Blood, Rosalind J. Wright</p>	<p><u>Mother-infant attachment and the intergenerational transmission of posttraumatic stress disorder</u></p>
<p>Selena Steinberg, Talia Lui, Miriam D. Lense</p>	<p><u>Musical engagement and parent-child attachment in families with young children during the Covid-19 pandemic</u></p>
<p>Charles H. Zeanah, Lisa J. Berlin, Neil W. Boris</p>	<p><u>Practitioners Review: Clinical applications of attachment theory and research for infants and young children</u></p>
<p>Simona De Falco, Alessandra Emer, Laura Martini, Paola Rigo, Sonia Pruner, Paola Venuti</p>	<p><u>Predictors of mother-child interaction quality and child attachment security in at-risk families</u></p>
<p>Patrice Marie Miller, Michael Lampton Commons</p>	<p><u>The benefits of attachment parenting for infants and children: A behavioral developmental view</u></p>