

OVERVIEW

Evidence that adverse childhood experiences cause difficulties in later life

The essentials of good parenting

When things go wrong: Physical and Emotional abuse

BABIES AND INFANTS ARE AMAZING

Babies are built for learning

Their brains are far more active than ours

Babies are like scientists: they experiment and learn from the results

Development is a complex interplay between genetic make-up, neuronal pathways and experience

WHY THE EARLY YEARS MATTER

- ◆ Chronic stress in childhood can lead to a range of health problems throughout life
- ◆ Children develop best when they are loved and nurtured
- ◆ Investing in the early years pays off
- ◆ Development of faith and trust
- ◆ Being a good parent is the most important job a person can ever do

VALUE OF EARLY COGNITIVE AND EMOTIONAL SUPPORT

Early cognitive support provided by parents in the early years is protective against bullying at school

Zimmerman et al.,
Arch Ped Adol Med, 2005

CHILDREN LIVING WITH DOMESTIC VIOLENCE

- ◆ 56% have difficulties with social relationships, within their own families and outside the family
- ◆ 41% have emotional and behavioural problems

Cleaver et al.,
UK Dept of Health, 2005

EARLY LIFE STRESS

Pooled data from Australia, USA and Europe

The greater the amount of early life stress, the greater the amount of personality problems, nicotine dependence and effect on brain function

McFarlane et al.,
J.Integr. Neurosci., 2005

IMPACT OF ADVERSE CHILDHOOD EXPERIENCES

The greater the number of adverse childhood experiences (serious household dysfunction, witnessing domestic violence, child abuse) the greater the risk in adult life of:

Depression

Suicide attempts

Multiple sexual partners

Sexually transmitted disease

Alcoholism

Dube et al.,
Preventive Medicine, 2003



Does parenting come naturally?

How helpful are the experts?

PARENTING TIPS

- ◆ Helping your child's emotional development
- ◆ Helping your child's intellectual development
- ◆ Where do fathers fit in?
- ◆ "Wilful behaviour"
- ◆ Effective discipline

MORE PARENTING TIPS

- ◆ Mothers and paid employment
- ◆ Choosing the best childcare
- ◆ Lone parents
- ◆ The role of Society

Helping your child's emotional development

The background is a solid teal color. At the bottom right corner, there is a silhouette of a mountain range in a slightly darker shade of teal.

Helping your child's intellectual development


The background is a solid teal color. At the bottom of the image, there is a silhouette of a mountain range in a slightly darker shade of teal, extending from the right side towards the center.

Where do fathers fit in?

“Wilful behaviour”

Effective discipline

Mothers and paid employment

The background is a solid teal color. At the bottom right corner, there is a silhouette of a mountain range in a slightly darker shade of teal.


Choosing the best childcare

The background is a solid teal color. At the bottom right corner, there is a silhouette of a mountain range in a slightly darker shade of teal.

Lone parents

The image features a solid teal background. In the bottom right corner, there is a stylized silhouette of a mountain range in a slightly darker shade of teal. The text "Lone parents" is centered in the upper half of the image.

The role of Society

The background is a solid teal color with a subtle gradient. At the bottom right, there is a silhouette of a mountain range in a darker shade of teal.

WILL THE CHILD SINK OR SWIM?

LIFERAFTS

A child-friendly society

Good child care

Effective boundaries for
behaviour

Sensible discipline

DANGEROUS CURRENTS

A 'me' society

Indifferent childcare

Letting the child do as
he wishes

Harsh, inconsistent or
humiliating discipline

WILL THE CHILD SINK OR SWIM?

LIFERAFTS

Parents who agree on
child-rearing

Two parents in a good
relationship

Child talked with,
listened to, played
with and respected

Love is unconditional

DANGEROUS CURRENTS

Inconsistent parenting

Unsupported, lone
parent

Child not valued as a
person, no time for
play and teaching

Love has to be earned

CHILD ABUSE IN AUSTRALIA 2004-2005

252,831 notifications

ie 700 cases/day

....and most cases are never reported

ISSUES OF MOST CONCERN TO AUSTRALIANS

- ◆ Child abuse is rated as less a concern than the rising cost of petrol and problems with public transport

Out of Sight-Out of Mind
Australian Childhood Foundation
April, 2006

SURVEY OF AUSTRALIAN ADULTS

32% believed that children made up stories about being abused

17% believed that well-educated parents did not abuse their children

16% did not know that the abuser was often someone the child knew

13% believed that boys were only rarely victims of sexual abuse

Australian Childhood Foundation, 2006



CHILD ABUSE

A spectrum with overlap

Neglect

Failure to thrive

Physical abuse

Sexual abuse

Emotional abuse

**“CHILD ABUSE THRIVES
IN THE SHADOWS OF
PRIVACY AND SECRECY.
IT LIVES BY INATTENTION.”**

Bakan, 1971

“The History of Childhood is a nightmare from which we have only recently begun to awaken. The further back in history one goes, the lower the level of child care, and the more likely children are to be killed, abandoned, beaten, terrorised and sexually abused.”

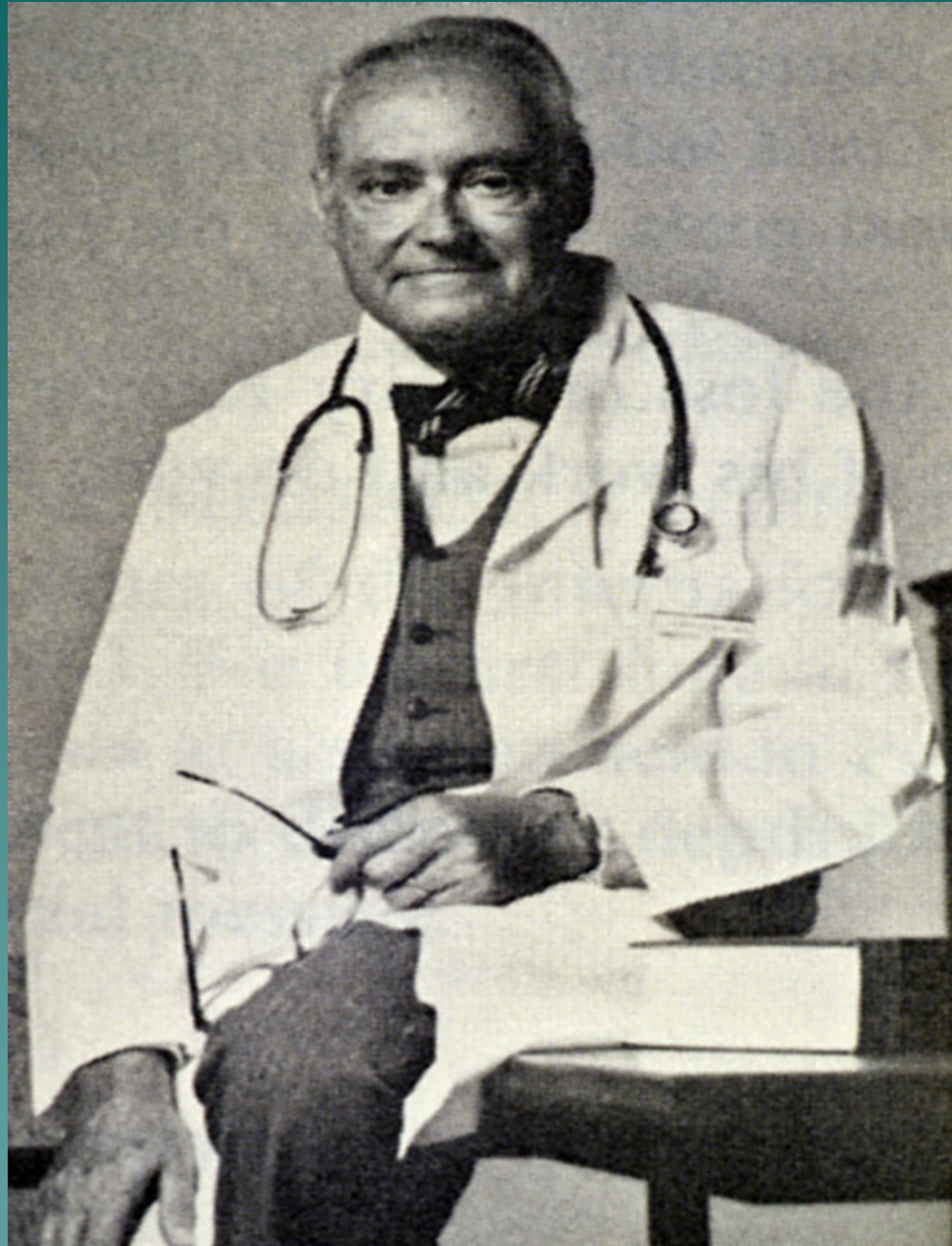
de Mause, 1974



*Reprinted From The Journal of The American Medical Association
July 7, 1962, Vol. 181, pp. 17-24
Copyright 1962, by American Medical Association*

The Battered-Child Syndrome

*C. Henry Kempe, M.D., Denver, Frederic N. Silverman, M.D., Cincinnati, Brandt F. Steele, M.D.,
William Droegemueller, M.D., and Henry K. Silver, M.D., Denver*



PHYSICAL ABUSE

- ◆ What forms does it take?
- ◆ Who does it?
- ◆ Who are the victims?
- ◆ What are the consequences?
- ◆ What can be done?

WHAT FORMS DOES IT TAKE?

- ◆ Bruises
- ◆ Broken bones
- ◆ Burns
- ◆ Bleeding inside the skull and brain
- ◆ Drowning
- ◆ Poisoning
- ◆ Damage to abdominal organs

WHO DOES IT?

- ◆ Unrealistic expectations
- ◆ Problems with anger control
- ◆ Poor childhood experiences
- ◆ Poor coping skills
- ◆ Poor relationship with the child
- ◆ Lack of supporting relationships with others

CHILD PHYSICAL ABUSE

- ◆ What are the consequences?
- ◆ What can be done?

CHILD ABUSE

A spectrum with overlap

Neglect

Failure to thrive

Physical abuse

Sexual abuse

Emotional abuse

CHILD ABUSE IN AUSTRALIA

Substantiated cases

Neglect	33%
Emotional abuse	32%
Physical abuse	24%
Sexual abuse	11%

EMOTIONAL ABUSE

A hidden form of Child Abuse

EMOTIONAL ABUSE

A concentrated attack by an adult on a child's self-esteem and social competence

FIVE TYPES OF EMOTIONAL ABUSE

(after Garbarino, Guttman & Seeley)

- ◆ Rejecting
- ◆ Terrorizing
- ◆ Ignoring
- ◆ Isolating
- ◆ Corrupting

REJECTING

- ◆ Refusal to show affection
- ◆ Refusal to touch
- ◆ Refusal to acknowledge the child's worth and needs

TERRORIZING

- ◆ Threatening with extreme punishment
- ◆ Setting expectations which are unable to be met, resulting in punishment
- ◆ Punishment results
- ◆ Child lives in climate of fear and unpredictable threat

IGNORING

- ◆ The adult is psychologically unavailable to the child
- ◆ Sometimes occurs because the adult is totally preoccupied with their own needs

ISOLATING

- ◆ Prevents child from social mixing with others
- ◆ Limits opportunities for child to develop friendships
- ◆ Child feels alone in the world

CORRUPTING

- ◆ The adult models and encourages antisocial values
- ◆ Reinforces antisocial behaviours in child
- ◆ May lead to aggression, deviant sexuality, drug use, dishonesty

Emotional abuse can lead to the child developing life-long:

- ◆ Negative view of life
- ◆ Distrust
- ◆ Seeing the world as hostile
- ◆ Low self-esteem
- ◆ Being difficult to help
- ◆ Inability to form satisfactory relationships