The Mindful with your baby course in an outpatient treatment center versus a preventive setting
Background

The birth of a baby…

The most beautiful day of your life

- Transformation for all family members
- Adaptation is needed
- Difficulties in adaptation can arise in the presence of stress factors (pregnancy/birth-, infant-, parent-, family-, context-related)

- What can arise: stress
Consequences of postnatal stress

- Maternal well-being and mental health
- Parenting
- Parent-child relationship
- Child development

Mindfulness
Mindful with Your Baby: Feasibility, Acceptability, and Effects of a Mindful Parenting Group Training for Mothers and Their Babies in a Mental Health Context

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Improvements in:
- Mindfulness, mindful parenting and self-compassion
- Maternal psychopathology and well-being
- Parental stress and sense of confidence
- Warmth and hostility
- Infant positive affectivity
Improvement in:
- Observed maternal acceptance of the child
- Mind-mindedness (non-attuned mind-related comments)
- Observed child responsivity
Methods: intervention

- Based on the training *Mindful parenting* (Bögels & Restifo, 2014)
- Eight weekly sessions and one follow-up session
- Two hours per session
- Baby’s are present 7 out of the 9 sessions
- Small groups of 2 to 6 mother-baby dyads
- Guided by:
  - Mindfulness trainer
  - Assistant trainer
Baby present during training

- Recognition of the importance of being together
- ‘Training on the job’
- Practicing being more attentive to oneself in the presence of the baby
- Practicing being more attentive to the baby
- Practicing mindfulness in stressful situations
- Increases generalization
Most important practices

- Formal meditation
- Watching meditation with focus on the baby
- Parent-child breathing space
- Self-compassion practice
Thank you for your attention!

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