INTRODUCTION TO PRENATAL ATTACHMENT AND BONDING

Moderated by: Mary-Jo Land
Panelists: Dr. Nour Zaki
Michael Trout
Michael Blugerman
Our Vision:
A Canada where every child achieves their optimal mental health.

Our Mission:
Nurture resilience in children and youth with the use of psychological science.

We ensure the key adult caregiver in a child’s life has the tools and resources to support and promote their mental well-being. We do this by delivering and implementing our psychology-based, proven programs and resources through a vast network of child-serving community partners throughout Canada.
Nurturing Resilience in Children and Youth

Practical, evidence-based programs spanning critical development stages

Birth – Make the Connection

Toddlerhood - Make the Connection

School years – Kids Have Stress Too!

Adolescence – Stress Lessons

Adults – Stress Strategies
Make The Connection 0-3 eLearning course was designed for childcare professionals working with families of young children, from birth to age 3. The course provides many examples of activities that you can do with families (even with your own family) in order to encourage a healthy, secure attachment with your young child.

The course comes with the MTC 0-3 Facilitator’s Guide. It covers seven attachment topics in detail and includes many additional activities and messages you can apply in your practice and your home.
Mary-Jo Land, R.P.

Mary-Jo Land is a Registered Psychotherapist, in private practice in the GTA and Southern Ontario. The primary focus of Mary-Jo’s work is facilitating attachment and resolving developmental trauma in children, especially those who have been in care, experienced multiple placements and adoption. Recently, Mary-Jo wrote Caring Together: A guide for parents, foster parents and adoptive parents of children who are in care. This book assists all parents as the children journey through the child welfare system. When We Are Very Young is her video series on parenting, attachment and developmental trauma.

Mary-Jo and her husband Kevin have 5 children, 5 grandchildren, were therapeutic foster parents for 20 years and are adoptive parents. She and Kevin live in Grey County, Ontario.
Dr. Nour Zaki, PhD.

Nour Zaki, PhD., is an Assistant Professor of Psychology at the American University in Cairo (AUC), Egypt, and a psychotherapist. Her therapy work mainly focuses on prenatal, perinatal and postpartum challenges. Her research interests focus on attachment issues, prenatal psychology, experience of babies in the womb, mother-infant prenatal and postnatal bonding/attachment, and the intergenerational transmission of attachment. Her latest research has focused on how mothers were mothered, and how this impacts their own transition to motherhood. Nour is a member of the Association of Pre and Perinatal Psychology and Health (APPPAH) and a participating member of the Ronald and Nancy Rohner Center for the Study of Interpersonal Acceptance and Rejection at the University of Connecticut (UCONN).
Michael Trout completed both his undergraduate studies in philosophy and his graduate studies in psychology in Michigan. He completed his specialized training in infant psychiatry at the Child Development Project, University of Michigan School of Medicine, under Prof. Selma Fraiberg.

In the mental health field since 1968, and in private practice since 1979, Mr. Trout directs an institute engaged in research, clinical practice and clinical training related to problems of attachment. He was the founding president of the Michigan Association for Infant Mental Health and the International Association for Infant Mental Health, was on the charter Editorial Board of the Infant Mental Health Journal, served as Vice-President for the United States for the World Association for Infant Mental Health, and served on the Board of Directors (and as Editor of the Newsletter) for APPPAH—the international society for prenatal and perinatal psychology.
Michael Blugerman, M.S.W., R.S.W.

Michael Blugerman, M.S.W., R.S.W. has worked in the field of forming families through adoption for 40 years as Executive Director of Children’s Resource and Consultation Centre of Ontario and has maintained a psychotherapy practice concerned with families and children for many years. He is interested in infant parent psychotherapy and the formation of the person resulting from early attachment experiences and the functioning of the family environment. Michael is a former president of ATTACCh: an Association for Training in Trauma and Attachment in Children and a former president of the Canadian Association of Psychoanalytic Child Therapists. He is a lifelong learner and likes to remember to go back to the beginning and remain curious about how all of us are put together.
A study used Prenatal Bonding with 4350 pregnant women from all over the world!
Less anxiety & pain during labour
Less effort giving birth
Fewer birth complications
Decreased need for obstetrical interventions
Lower degree of birth trauma
Lower rate for c-sections
No excessive infant crying

Babies slept longer & deeper at night
Babies were easier to communicate with, showed curiosity & emotional stability
Without Prenatal Bonding

With Prenatal Bonding

Caesarian sections

Birth Rate

30%
6%
19%
Less than 1%
0.2%

Premature Birth Rates
Without Prenatal Bonding

With Prenatal Bonding

Premature Birth Rates

Caesarian sections Birth Rate

Less than 1%

0.2%

0

Without Prenatal Bonding

With Prenatal Bonding

8%

30%

6%
Without Prenatal Bonding

With Prenatal Bonding

Premature Birth Rates

Caesarian sections Birth Rate

Postpartum depression

Less than 1%
THANK YOU

If you are interested in learning more about future webinars, programs and training opportunities please contact us.

Visit our website: www.psychologyfoundation.org

Please compete our feedback survey so we can better serve you!