

The APPPAH Newsletter

News From the First Frontier: Conception To Birth

Official Bulletin of the Association for Prenatal & Perinatal Psychology & Health, Fall 2009

Research Supports Prenatal and Birth Origins, But Our Job Is Not Over

By Bobbi Jo (B.J.) Lyman

Research finally confirms what has been observed clinically the last eighty years in prenatal and birth psychology. Historically, clients revealed their traumatic experiences while in a regressed or altered state during birth and before. Today, scientists studying the fetus have demonstrated that learning and memory can objectively be traced to early in the second trimester (Dirix, Nijhuis, Jongsma, & Hornstra, 2009; Hepper & Leader, 1996), and that sensory abilities develop earlier than once thought (Hepper, 1992). Perhaps the most amazing development for our field has come from another discipline. Epigenetic theory suggests that the environment (for our purposes, the mother's womb) can affect gene expression, toppling the view that our genes are fixed for life. These kinds of research developments have the potential to take our field to a different level if we take advantage of them.

And there are other methods of research available as well, other than strictly behavioral, that can help us examine a more comprehensive view of human experience. Evolving through the philosophical traditions, qualitative methodologies such as phenomenology study the uniquely human capacities of reflective consciousness, wisdom and intuitive knowledge, transformative change and a search for meaning. A couple of examples of this kind of research for our field are the exploration of consciousness states at conception or during the first and second trimesters before the central nervous system is fully functional, as was done by Marquis (2000) and Wade (1998).

Ultimately, if we want to, we can make use of both quantitative and qualitative research traditions, and a wealth of knowledge from many other disciplines to help us explore and explain the beliefs and assumptions of prenatal and perinatal psychology. Becoming more aware of the current empirical state-of-the-art and the scientific language used today, we can add our unique piece of the developmental puzzle that could go a long way toward meeting our goal of improving the future of babies, children, and adults.

Examining the latest research findings is the focus of APPPAH's 2010 International Congress at Asilomar, CA, November 10-14, as reflected in the theme: "*Embracing the Science of Prenatal and Birth Psychology: What We Know and How We Know It.*" Join us, and add to the discussion.

Application Deadline

BJ Lyman is Congress Chair for APPPAH's 2010 Congress

Deadline for speaker applications November 30, 2009. Forms and early registration savings online

www.birthpsychology.com/congress/2010

Dirix, C. E. H., Nijhuis, J. G., Jongsma, H. W. & Hornstra, G. (2009, July/August). Aspects of fetal learning and memory. *Child Development, 80*(4), 1251-1258.

Hepper, P. G. (1992). Fetal psychology: An embryonic science. In J. G. Nijhuis (Ed.) *Fetal behaviour: Developmental and perinatal aspects*, (pp. 129-156). Oxford: Oxford University Press.

Hepper, P. G. & Leader, L. R. (1996). Fetal habituation. *Fetal and Maternal Medicine Review, 8*, 109-123.

Marquis, A. (2000). Healing through prenatal and perinatal memory recall: A phenomenological investigation. *Journal of Prenatal & Perinatal Psychology & Health, 15*(2), 146-172.

Wade, J. (1998). Two voices from the womb: Evidence for physically transcendent and a cellular source of fetal consciousness. *Journal of Prenatal & Perinatal Psychology & Health, 13*(2), 123-147.

APPPAH Office: Post Office Box 1398 • Forestville • CA 95436
Tel/Fax: (707) 887-2838 • email: apppah@aol.com www.birthpsychology.com

Letter from the Co-President

Dear APPPAH Members and Nonmembers,

We need your help on two fronts, one financial, the other, input. Membership dues provide a significant portion of our budget, but do not allow us the ability to cover the costs of political action to advocate and make important changes in our society, nor do they allow important service upgrades for our membership. If the changes and upgrades described below matter to you, please renew your membership for multiple years and invite others to join. Alternatively, your tax deductible donations would be deeply appreciated.

One political action step (in progress) is the preparation of an APPPAH position statement, to be circulated on the Internet and in newspapers, professional newsletters, and journals; also among obstetric organizations, midwifery and nursing groups, health care providers for women and babies, and other stakeholders. This position statement has to do with home versus hospital birth, the medical vs. midwifery model of childbirth, the appropriate use of interventions, and the kind of care that mothers and babies require in order to avoid trauma. This statement is based on research and is vital to disseminate to the above groups as well as the general public. If you have any opinions to offer, please do so. We value your input.

On another front, APPPAH Members Jill Chasse and Rochele Hirsch are the co-chairs of the Communications and Development Committee (ComCom). The Board is excited about the plans proposed by ComCom, and enthusiastically supports using the theme Welcome Your Baby In—with 60 Minutes, Skin-to-Skin to open more doors to APPPAH's messages. Please read more about the specifics in this issue. If you share passion for this and would like to help via committee involvement, kindly contact us.

Another current goal is to advocate for pre and perinatal changes on a local level, that is, in communities, schools, hospitals, and similar places. To accomplish this, APPPAH is considering the production of PowerPoint presentations and fact sheets that members could download from the APPPAH website and use in public presentations or treatments with clients. The presentations could also be used with hospital administrators, family doctors, obstetricians, midwives, health care providers, and others to bring about clinical and practical applications of pre and perinatal research and psychology. We are also open to other methods and target groups; let us know if you have any suggestions for topics or practical tools you can use.

APPPAH is also on the move to better serve its members. For one, all Congress recordings have been archived and catalogued, and will soon be listed on the website: www.birthpsychology.com. Many thanks to Vicky and Vernon Jeter for doing the archiving. Congress presentations are a principal archive of APPPAH intellectual property. They represent a massive amount of research as well as clinical and practical applications. They also provide a history of the development of prenatal and perinatal psychology.

An additional service upgrade involves the APPPAH website, orchestrated by the Website Committee (would you like to join?). This is already underway, and involves a much easier and more efficient user interface. It will provide for an improved bookstore, easier communication with one another, greater flow of information about pre and perinatal psychology, and new links pertaining to trauma treatment and trauma prevention, a major focus of many members.

We're working hard for you. Please let us know how else we might better support you so that we all might better extend APPPAH's mission to the world at large.

As Fall progresses and outer light diminishes, may your inner light warm your days and enlighten your path.

In your service,
William R. Emerson, Ph.D.
Co-President

“Welcome Your Baby In – With 60 Minutes, Skin-to-Skin”

Based on recommendations from your Communications and Development Committee (ComCom) and the Public Advocacy Committee, the APPPAH Board has approved the use of an **easy-to-understand focal point – a theme** – to further the aims and the messages of APPPAH with both pre and perinatal professionals and mainstream audiences.

The theme, **Welcome Your Baby In – With 60 Minutes, Skin-to-Skin**, is designed to encourage skin-to-skin contact between baby and mother right after birth. Given the data from the Russian Study, reported at the 2009 Congress by Dr. Marshall Klaus, along with years of data on Kangaroo Mother Care, we believe that this focus will provide:

1. An easy to understand visual image, useful in:
 - a. Gaining sponsorship
 - b. Developing training for mothers, attendants, et al.
 - c. Providing a tangible, measurable improvement in birth experience
2. A practice that — even by itself — will provide extraordinary benefit to mother and child
3. A theme that provides a “foot-in-the-door” to talk and train on many of the related APPPAH messages — including child and family issues as well as, adult recovery from birth trauma.

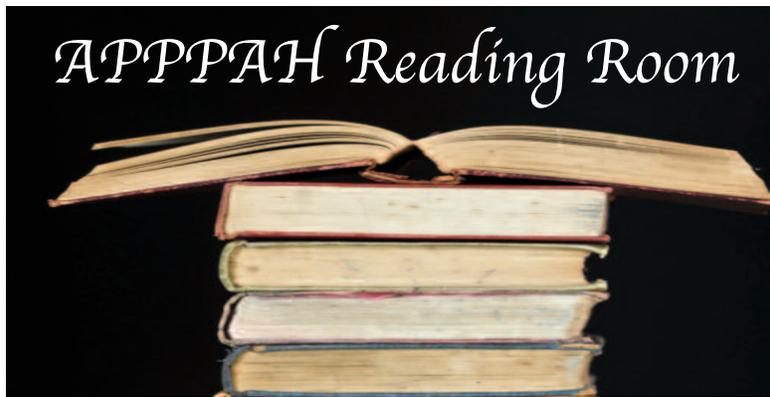
Some members may be concerned that this theme — or any theme — does not cover the magnitude and breadth of what APPPAH stands for. We understand that concern. However, we believe that “getting our foot in the door” with something that is tangible, measurable and more mainstream will provide great opportunity to expand on the APPPAH messages.

We invite all interested members to help us in implementing the use of this theme.

The next steps in our plan include the following:

- **Website information:** A special section of the website will be devoted to the theme, including the backup research that supports the value of skin-to-skin time right after birth, training that will be available for parents and for healthcare professionals, and recommendations for implementing the practice in hospital environments
- **Member contact:** The ComCom members will contact APPPAH members for their input on implementing the theme and what training or other programs they have already developed that could be used in promoting the concept.
- **Training Development:** We plan to develop a set of training related to the theme and other APPPAH messages. Training would be offered in a variety of formats: webcasts, training at conferences (with CEU’s), and “piggy-back” training with existing SIDS and La Leche League training. We would like to leverage some existing training already developed by our members.

We look forward to your help in this effort. By uniting behind this “wedge” theme, we expect to help all our members in promoting the messages that they and APPPAH stand for. If you would like to be involved, please contact ComCom co-leaders **Rochele Hirsch** (Rochele@cxii.com) or **Jill Chasse** (baby_counselor@yahoo.com).



In science read the newest works, in literature read the oldest. – Edward Bulwer-Lytton

The Tao of the Embryo

by Michael Dunning

**A review of *Biodynamic Craniosacral Therapy (Volumes One and Two)*,
by Michael Shea. 2007 & 2008. Berkeley, CA: North Atlantic Books**

Michael Shea's two volumes on Biodynamic Craniosacral Therapy represent no less than a Proustian achievement in behalf of the therapeutic and pediatric communities. The meaning and movement of the moment of conception, and of the early development of a human being, are for Shea bound to a taste of consciousness that has soaked itself so deeply into the layers of Proust's petit-madeleine cake as to invite a realm of remembrance where the past remains barely embodied, or barely attached to this earthly dimension, and yet is perceivable and palpable in the living present as a sense of the movement and possibility of health and wholeness in the adult body. For just as Proust recovered precious childhood memories embedded in the sensory world of taste, so Shea, by uncoupling the human embryo from its false identity as a Neo-Darwinian utilitarian object, guides us to discover deep resources within ourselves where we can bear witness to, and feel, our embryonic nature as a force of healing. Shea declares that "embryology is the new anatomy," and proceeds to reveal the dynamic morphology of the human embryo in a rich language that describes a mythology as much as a contemporary therapeutic modality. In volume one we are led through a poetic and beautifully illustrated creation story in which the growth gestures of the embryo are presented as the spiritual process of a sentient being seeking embodiment.

The two books reveal a compelling theory and a set of principles based on the importance of an understanding of human embryonic development as a perceptual foundation for successful therapeutic work in relationship to infants, children, adults and the natural world. Shea has painstakingly incorporated many elements from the growing body of research in developmental biology and physiology that point to the developmental origins of health and disease, thereby contributing to the important understanding that behavior is not entirely gene dependent, and that prenatal and postnatal environmental factors play a decisive role.

One underlying theme addresses the urgent need for our culture to slow its hectic, anxious pace, and to reorient to slowness and stillness as a sort of sacred space in and around the body, which allows our consciousness to reconnect to the natural world. Shea describes a creative force called Primary Respiration, which cannot become distorted or imprinted, and whose earliest encounter with biology occurs within the fluid environment of the embryo as the expression of a deep oceanic stillness. In this sense, the embryo holds

a perennial wisdom of health and wholeness within its fluid body as a potency that can be palpated and perceived in the adult.

Shea draws heavily on depth psychology, mythology and even shamanism in an attempt to communicate that the wisdom of earlier cultures was based on a kind of embryology, in which healing was only possible through a symbolic reconnection to the moment of one's own conception, and the alignment of that moment with the birth of the universe. Shea's work promotes a reevaluation of the human embryo as a powerful locus of healing and as an antidote to the historic withdrawal from nature and from the divine in ourselves. I imagine that those of us who work with the dynamics of human growth and development will continue to fruitfully explore these books for a very long time. [Michael Dunning may be reached via his website, www.yewshamanism.com.]

More Books in Brief

Honoring Your Child's Spirit: Pre-Birth Bonding and Communication by Flo Aeveia Magdalena. 2008. Putney, VT: All Worlds Publishing.

This is a short, sweet and simple book full of deep spiritual wisdom and helpful guidance on how parents can connect with their babies before, during and after birth. Magdalena presents an enlightened perspective on the nature of babies. She acknowledges, very matter of factly, that babies are spiritual beings coming into human form to connect, learn, grow and love. She offers practical exercises throughout the book that guide parents in expanding their awareness, trusting their intuition and communicating with their babies in the womb and beyond. In addition, there are beautiful rituals that parents can use as they come into relationship with the new being who is joining them on their family's journey. In my opinion, this book is the "how to" of spiritual parenting from the very beginning. And as an added bonus, the appendix includes four beautiful pieces that add to the richness of this book. The first is by Teresa Robertson, a midwife, birth intuitive and leading name in pre-birth communication. She gives parents clear, step-by-step guidelines for establishing several different types of prenatal communication. The second piece is by prenatal music pioneer Giselle Whitwell, and offers a thorough explanation of the profound benefits of incorporating music into prenatal bonding. The third piece, by DeAnna Elliot, covers hows and whys of infant massage. Finally, the fourth piece, by the author herself, is an excerpt from her book *I Remember Union*. It is a beautiful recount, from Mary Magdalene's perspective, of her journey in assisting a mother who is about to give birth. This lovely story illustrates many of the principles and practices outlined in the book. As an early parenting guide and educator I highly recommend this book to pregnant parents as well as practitioners who work with families before, during and after birth. Thank you, Flo, for sharing your wisdom with the world. [Submitted by Carrie Contey, www.earlyparenting.com]

Social Intelligence: The New Science of Human Relationships by Daniel Goleman. 2006. New York: Bantam/Dell.

This is a seminal book by the author of the similarly groundbreaking *Emotional Intelligence*. It reads as a riveting, in-depth report straight from the freshly revised—and enthroned—field of the neuroscience of human rapport. It is a celebration of empathy, straight from myriad laboratory experiments in which brain imaging reveals the neural pathways of how we experience the other, and confirms that our take on life and how we interact with each other does indeed shape our biology. And of particular relevance to us in APPPAH, Goleman makes many allusions to the relevance of very early parenting. [Submitted by Laura Uplinger, www.wondersofthewomb.com]

Spreading APPPAH News

A big part of APPPAH's mission is to empower individuals and institutions with information about the "treasures of prenatal and perinatal psychology," and here we highlight myriad ways in which our members are engaged in that endeavor. If you have something exciting to share in this regard, please send details to the newsletter editor at DrMarcy@QuantumParenting.com.

APPPAH founder **Thomas Verny** was honored with a "Cultural Innovator" award by the Living Institute. The award, recognizing "historic contributions to the local and international mental health community," was presented at an APA Div. 32 (Humanistic Psychology) conference. Dr. Verny busily continues to spread the APPPAH news, presenting at the Sept. ISPPM conference in Heidelberg; the Instituto Universitario in Puebla, Mexico, in October; and at ANEP Italia in Parma, Italy, in November.

Christine Novak has become the director of Calm Birth program. Christine has been a labor and delivery nurse and educator at Overlook Hospital in Summit, New Jersey, for 20 years. She recently received the March of Dimes Best for Baby award for her work in advancing the use of the Calm Birth method at Overlook. The March of Dimes has just requested a full grant proposal from Christine, for two years of clinical work with the Calm Birth method in African-American and other New Jersey populations at risk for preterm birth. Christine has been co-teaching the Calm Birth teacher trainings with Robert Bruce Newman for the past two years.

Lorna Zemke recently gave a presentation in Ostend, Belgium, on "Lovenotes: Music for the Unborn Child" at the Ostend Conservatory of Music. She demonstrated, with the participation of pregnant couples, the use of music with the pre-born to enhance bonding with parents and to foster stimulation, the primary goals of her Lovenotes™ Program. In the audience were medical doctors, nurse practitioners, nurses, conservatory instructors, parents and interested parties from the Belgian cities of Ostend, Roesalare, and Ieper.

Tamara Donn took her Birth Art Café model to the "Inspiring Transformations: Applied Arts and Health" conference at Northampton University, where myriad presenters shared how they are using art (in any form) to



improve the lives of people in many different kinds of challenging life circumstances—e.g., new parenthood, aging, incarceration, and dealing with mental illness. In November the Birth Art Café will travel to 2 more conferences: the Association of Radical Midwife' "Safeguarding Normality - It's Our Choice" and a unique one called "CHILDBIRTH: Belief in Action" at Medway University. Tamara has also produced an enchanting 5-minute film about the Birth Art Café: http://www.youtube.com/watch?v=02Xbk_604N0.

[Birth Artwork by Karn Webster: "Emerging Mother."]

Debby Takikawa and **Shelly Campbell** have produced and released *Reducing Infant Mortality: Improving the Health of Babies*, a film that serves as a powerful tool for educating professionals and consumers about the need for a more gentle, conscious approach to birth. The film is free and available for viewing at www.reducinginfantmortality.com; it is also available to be posted on any website for free. In its first month, the film was seen nearly 15,000 times, and was posted on over 100 websites. The film is ideal to send to policy makers on every level, from local hospitals and county health departments to national legislators, to inspire action. The film is also available in a professionally packaged DVD format for \$2.50 each plus shipping.

Resources of Note

Joint Statement On Flu Vaccine For Pregnant Women

Eight leading maternal and infant health organizations have issued a joint statement urging pregnant women to get vaccinated for both seasonal flu and the H1N1 (swine) flu as soon as possible this year. The eight organizations – the March of Dimes, the American College of Obstetricians and Gynecologists, the American Academy of Pediatrics, the American Academy of Family Physicians, the American College of Nurse-Midwives, the Association of Women’s Health, Obstetric, and Neonatal Nurses, the Infectious Disease Society for Obstetrics and Gynecology and the Society of Maternal-Fetal Medicine – issued the statement because the H1N1 virus has been so deadly to pregnant women. They recommend that pregnant women get immunized for seasonal flu now and for H1N1 flu as soon as this vaccine becomes available. Immunization will provide flu protection for both pregnant women and their newborn babies. To review the joint statement, go to http://www.marchofdimes.com/aboutus/49267_61363.asp.

For H1N1 Virus Information for Pregnant Women / Latest Updates from CDC:

<http://www.cdc.gov/h1n1flu/pregnancy/>

Breastfeeding Facts For Fathers

Platypus Media has created an abridged version of its popular booklet “Breastfeeding Facts for Fathers.” Designed to meet the needs of low literacy readers, the abridged publication is half the length of the original publication, and highlights the crucial role men have in encouraging their partners to breastfeed. Platypus Media is offering a FREE copy of “Breastfeeding Facts for Fathers” to all readers of the Monday Morning Memo* (which, by proxy as APPPAH members, you are!). To request your copy, send an email with your mailing address to Denise@PlatypusMedia.com. For more information, <http://www.platypusmedia.com/node/42>. [*Courtesy of Judy Meehan at the National Healthy Mothers, Healthy Babies Coalition.]

Gestational Diabetes Guides

Two new guides released by HHS’ Agency for Healthcare Research and Quality can help women with gestational diabetes and their doctors make informed decisions about different treatments for the condition. The guides provide the latest scientific evidence on the effectiveness and safety of drugs for gestational diabetes, a potentially dangerous condition that affects 7 out of 100 pregnant women. Gestational diabetes resolves after childbirth, but 5 percent of women who had it during pregnancy develop type 2 diabetes within 6 months and 60 percent within 10 years. The consumer guide, *Gestational Diabetes: A Guide for Pregnant Women*, presents treatment options, including diet, insulin, and the oral diabetes medicines glyburide or metformin, and gives women advice on what they should do after pregnancy, such as having their blood sugar monitored regularly, since they have a higher risk of developing type 2 diabetes. The clinician's guide, *Gestational Diabetes: Medications, Delivery, and Development of Type 2 Diabetes* covers these topics, provides an at-a-glance “clinical bottom line” for managing patients, along with ratings of the evidence for each treatment, a list of risk factors that may mean a woman is likely to develop type 2 diabetes, and other information on helping patients manage gestational diabetes.

[9/09; **Consumer guide:** <http://effectivehealthcare.ahrq.gov/healthInfo.cfm?infotype=sg&DocID=162&ProcessID=107>;

Clinician guide: <http://effectivehealthcare.ahrq.gov/healthInfo.cfm?infotype=sg&DocID=163&ProcessID=107>]

Media Watch

This section of the APPPAH Newsletter is intended to draw attention to items in the news that are pertinent to prenatal and perinatal psychology. APPPAH does not necessarily agree with, or vouch for, the scientific worthiness of any of the news items mentioned here. We mean merely to take note of what is going on, so that you may.

BREATHING PATTERNS OF NEWBORNS IN CAR SEATS

A study in the September edition of *Pediatrics* examined the breathing patterns of health term newborns placed in infant car safety seats and beds. 200 newborns were recruited for the study when they were two days old. Each infant was studied while placed in a hospital crib (30 minutes), car bed (60 minutes) and car seat (60 minutes). The researchers analyzed physiologic data, including oxygen saturation, and frequency and type of apnea, hypopnea and bradycardia. Hypopnea involves episodes of overly shallow breathing or an abnormally low respiratory rate; for infants, bradycardia is defined as a heart rate of less than 100 beats per minute (whereas normal is around 120-160 beats per minute.) In healthy term newborns, significant oxygen desaturations were observed in both car beds and car seats as compared with hospital cribs. The study authors conclude by recommending that car safety seats and beds “should only be used for protection during travel and not as replacements for cribs.” <http://pediatrics.aappublications.org/cgi/content/abstract/124/3/e396>

[Ed. note: Would be interesting to add a skin-to-skin variable. Also, it’s interesting/puzzling to note 100% longer interval of exposure to the car-seats than to the crib!]

TREATMENT RECOMMENDATIONS FOR DEPRESSION DURING PREGNANCY

The American College of Obstetricians and Gynecologists (ACOG) and the American Psychiatric Association (APA) have issued a joint report offering a concise list of recommendations for the treatment of women with depression during pregnancy. Published in the September 2009 *Obstetrics and Gynecology* and the September/October 2009 *General Hospital Psychiatry*, the report attempts to help doctors and patients weigh the risks and benefits of various treatment options. Depression is common during pregnancy, with 14 to 23 percent of pregnant women experiencing depressive symptoms. In 2003, approximately 13 percent of women took an antidepressant at some time during their pregnancy. Pregnant women with depression face complicated treatment decisions because of the risks associated with both untreated depression and the use of antidepressants.

Read the report, at http://www.acog.org/from_home/publications/press_releases/nr08-21-09-1.cfm.

I swore never to be silent whenever and wherever human beings endure suffering and humiliation. We must always take sides. Neutrality helps the oppressor, never the victim. Silence encourages the tormentor, never the tormented.

Elie Wiesel

More Media: Exceptional Excerpts

Congo: Midwives Transform Trash Into Hope by Georgianne Nienaber (Huffington Post)

http://www.huffingtonpost.com/georgianne-nienaber/grassroots-news-from-cong_b_273213.html

“Thanks to the efforts of Emmanuel De Merode, director of Virunga National Park, there is now hope and opportunity for the Association pour la Promotion de la Sage Femme (APROSAF) midwives. 118 wise women (‘sage femme’ means ‘wise woman’) form the backbone of APROSAF, which was created in the wake of the 2002 Nyiragongo eruption in order to help families made homeless by the devastating lava flow that buried Goma. These traditional midwives of APROSAF are considered community leaders. The respect they garner results from selfless dedication as they transport pregnant women and rape victims, sometimes by carrying them on their backs, to get help. They do this without pay and subject themselves to rape and shootings along the way.



Image: Gathering of midwives in January 2009 to assess needs© Nienaber. Reprinted with permission

APROSAF is community organizing in the best sense of the word. The midwives deserve attention and a drumbeat of support from the United States. How rewarding it would be to see immediate results on the ground in the form of babies suckling from breasts rich with milk, their mothers safe from the rapist, and cradled gently in the strong arms of the wise women midwives.

The midwives need the means to accomplish their noble goal of saving women through direct intervention, HIV/AIDS counseling, and nutrition. This is truly a grass-roots effort with a humble beginning that literally transforms grass and roots into life-supporting energy. Their work is simple and it is profound. The APROSAF midwives risk their own lives to bring new life into the world. An advisor to the Red Cross told us about them. Their lives are spent in service to the ancient rhythms of creation—assisting the newborn and mothers. 45,000 people a month are dying from war-related causes in Congo, yet life refuses to capitulate to the war, and the midwives hold firmly to a banner of promise and hope. But they have nothing to work with. Their needs are simple by American standards of health care. Some textbooks, basic medical kits, which include surgical gloves, and a small clinic building for transfer cases and HIV counseling.

Estimates are that they could save up to seven lives per day. The relatively paltry sum of \$100,000 will accomplish this, but so far there have been no American foundations or individuals willing to entertain this life-saving project.

Read more about the Congolese midwives:

http://www.huffingtonpost.com/georgianne-nienaber/congolese-midwives-strugg_b_163086.html

Exceptional Media continued next page

Exceptional Media continued from previous page

Your Baby Is Smarter Than You Think by Alison Gopnik in a New York Times editorial, 9/15/09

“ Three recent experiments show that even the youngest children have sophisticated and powerful learning abilities. Last year, Fei Xu and Vashti Garcia at the University of British Columbia proved that babies could understand probabilities. Eight-month-old babies were shown a box full of mixed-up Ping-Pong balls: mostly white but with some red ones mixed in. The babies were more surprised, and looked longer and more intently at the experimenter, when four red balls and one white ball were taken out of the box — a possible, yet improbable outcome — than when four white balls and a red one were produced.

~ ~

Sadly, some parents are likely to take the wrong lessons from these experiments and conclude that they need programs and products that will make their babies even smarter. Many think that babies, like adults, should learn in a focused, planned way. So parents put their young children in academic-enrichment classes or use flashcards to get them to recognize the alphabet. Government programs like No Child Left Behind urge preschools to be more like schools, with instruction in specific skills.

The learning that babies and young children do on their own, when they carefully watch an unexpected outcome and draw new conclusions from it, ceaselessly manipulate a new toy or imagine different ways that the world might be, is very different from schoolwork. Babies and young children can learn about the world around them through all sorts of real-world objects and safe replicas, from dolls to cardboard boxes to mixing bowls, and even toy cell phones and computers. Babies can learn a great deal just by exploring the ways bowls fit together or by imitating a parent talking on the phone. (Imagine how much money we can save on “enriching” toys and DVDs!) But what children observe most closely, explore most obsessively and imagine most vividly are the people around them. There are no perfect toys; there is no magic formula. Parents and other caregivers teach young children by paying attention and interacting with them naturally and, most of all, by just allowing them to play.”

[Gopnick is a UC Berkeley researcher and author of the new book *The Philosophical Baby*... and a new hero of this editor! Read it all at <http://www.nytimes.com/2009/08/16/opinion/16gopnik.html?pagewanted=2>]

Book Review Editor Joins Journal Team!

APPPAH welcomes Bronwyn Chambers as the new Book Review Editor for the Journal of Prenatal and Perinatal Psychology and Health. While her name may be new to some members, Bronwyn has been volunteering for the last two years as the Journal's peer review coordinator, which means that when a submitted article is ready for peer review, she contacts the appropriate reader(s). During this time, Bronwyn was working on her Master's degree and has now completed that work. She is a relational psychotherapist (MFT intern) working in Los Angeles with infants, children and families. She has a special focus on narrative and the potential of creative and reflective practices to integrate early experience. Bronwyn is also the Research Coordinator for the Reflective Parenting Program www.reflectiveparentingprogram.org; and the Clinical Coordinator for the Wellbaby Community Center, www.wellbabycenter.org. We are delighted to welcome her as the Book Review Editor for APPPAH!



Bronwyn Chambers

Note: Please contact Bronwyn if you are interested in reviewing books or if you have a book that you think should be reviewed. Email is: JOPPPAH.chambers@gmail.com

The Bulletin Board

Jeanette Sawyer Cohen and Aurelie Athan, two student members of APPPAH, are currently researching pregnancy and motherhood for their clinical psychology doctoral dissertations at Columbia University in New York. With your help, they would like to learn more about the process of becoming a mother and how it may inform a woman's identity, relationships, spirituality, mental health, and general well-being. Birth professionals, including many APPPAH members, are excited about this research, which is being promoted by word-of-mouth. The researchers are continuing to recruit adult women in their 2nd and 3rd trimesters to complete a confidential, IRB-approved, online survey. The estimated survey completion time is 30-60 minutes, once during pregnancy and then again in the postpartum. For more info., click on "The Motherhood Project" at www.headandbelly.org, or call 800-871-9012 ext. 74538.

Conference of Interest

THE MID-ATLANTIC CONFERENCE ON BIRTH & PRIMAL HEALTH RESEARCH February 26-28, 2010, Las Palmas de Gran Canaria; Michel Odent, organizer. Dedicated to phrasing new questions at a time when rapid technological and scientific advances have brought us to a crossroads in the history of childbirth and the future of civilization. www.wombecology.com.

Calm Birth

New Potential of Childbirth Teacher Training Program

Please contact us for dates of upcoming trainings

Instructors: Robert Bruce Newman and Christine Novak, RNC

Mr. Newman has presented more than 100 trainings in US hospitals. He has presented the Calm Birth method at the University of Michigan Medical School and Bastyr University. Calm Birth is based on programs of the Harvard University Medical School and the University of Massachusetts Medical Center.

Ms. Novak has 20 years experience as a labor and delivery nurse and childbirth educator. She recently received the March of Dimes 2009 Best for Baby Award for her work in advancing the use of the Calm Birth method at Overlook Hospital in New Jersey.

Tuition: \$450 18 CEU credit hours Preregistration required.

For Overlook training information and registration: Amy Gole amy.gole@atlantichhealth.org

For the San Francisco training information and registration: info@CalmBirth.org

www.CalmBirth.org

Join us in 2010

For APPPAH's 14th International Congress

Embracing the Science of Prenatal and Birth Psychology

*Register online
www.birthpsychology.com/congress/2010*



Come and join us November 11 -14, 2010 at gorgeous Asilomar, California!



The APPPAH Newsletter



P.O. Box 1398

Forestville CA 95436

Editor-in-Chief: Marcy Axness

Managing Editor: Maureen Wolfe

CHANGE SERVICE REQUESTED