

## Our Psychological Birth the early years

Developing the capacity for intimacy in a relationship

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### Psychological birth of the infant - the pre-verbal years

- ▶ A synthesis between
  - Infant mental health research
  - psychoanalytic thought
  - infant observation
  - neuroscience

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### 'Being with' the first two months

- ▶ The initial sense of overwhelm
- ▶ The cues given by the baby/working together
- ▶ Organising experiences/who is who
- ▶ Managing both soothing and disturbing experiences



<http://www.helpguide.org/articles/secure-attachment/how-to-build-a-secure-attachment-bond-with-your-baby.htm>

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### 'Falling in love' from two to six months

- ▶ Mutual idealisation
- ▶ The reality of loving
- ▶ Assisting with transitions
- ▶ Learning to wait/the notion of limitations
- ▶ Facing the illusion of the perfect mother



<https://www.hhs.edu/playbook/make-sure-your-baby-is-meeting-child-development-milestones/>

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### 'Negotiating' six to nine months

- ▶ Intersubjective relatedness
- ▶ Repairing
- ▶ Frustration
- ▶ Affect attunement



<http://www.eatrightontario.ca/en/Articles/Breastfeeding-Infant-feeding/Sample-meal-plans-for-feeding-your-baby.aspx>

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### 'Coming and going' nine to twelve months

- ▶ Reciprocity
- ▶ Learning to learn:
  - Not knowing
  - Going forward and backwards
  - Patience
  - Practice



<http://www.collegehumor.com.au/post/4963695/is-it-okay-to-hate-that-baby/>

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### 'Toddlerhood' the second year

- ▶ Exploring and returning
- ▶ Being quietly available
- ▶ Resolving ambivalence



<http://www.whattoexpect.com/toddler/temper-tantrums>

<http://kidactivities.about.com/od/Summer-Activities/s/FUN-IDEAS-TO-ENGAGE-TODDLERS-IN-PLAY.htm>

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### The Paradox of Life

- ▶ Our dependency and our independence: we need others to know ourselves
- ▶ Managing our ambivalence: our doubt and our anxiety in the coming and going and showing our delight
- ▶ Being valued: but not the centre of attention
- ▶ Working hard: within the ease and flow of life
- ▶ Being open to loving /and cultivating forgiveness

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