

Benchmark #19

Parent Emotional Well-Being or Parenting Stress

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- **Measure Type:** Outcome
- **What is measured:** PSI 4
- **Schedule:** 6, 18 months
- **Improvement:** Decrease in parenting stress



Parenting Stress and the Parent-Child Relationship

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MIECHV Orientation



Stress is Natural

Chronic Stress is a Problem

Sources of Parental Stress

- Unresolved Grief/Trauma
- Isolation and Lack of Support
- Lack of “Goodness-of-Fit”
- Special Needs Child
- Problems with Every-Day Living, Lack of Resources
- Exposure to Domestic Violence
- Postpartum Depression
- Immigration Issues
- Mental Health/Health Issues
- Intergenerational Transmission of Ineffective Parenting Skills
- Feeling Overwhelmed

Child Development

- Young children develop in relationships
- Young children use relationships with caregivers to
 - Regulate physiological response
 - Form internal working models of relationships
 - Provide secure base for exploration and learning
 - Model accepted behaviors

Developmental Tasks of Early Childhood

- Attachment -- social development
- Self-regulation – emotional development
- Problem solving – cognitive development

Patterns of Attachment

- Secure
- Insecure/Avoidant
- Insecure/Ambivalent
- Disorganized

Developing Attachment

Let's watch a video

“Developing Attachment: Inconsistent Response to a Bay's Distress”

<https://www.youtube.com/watch?v=8BA8CcEUP84&feature=youtu.be>

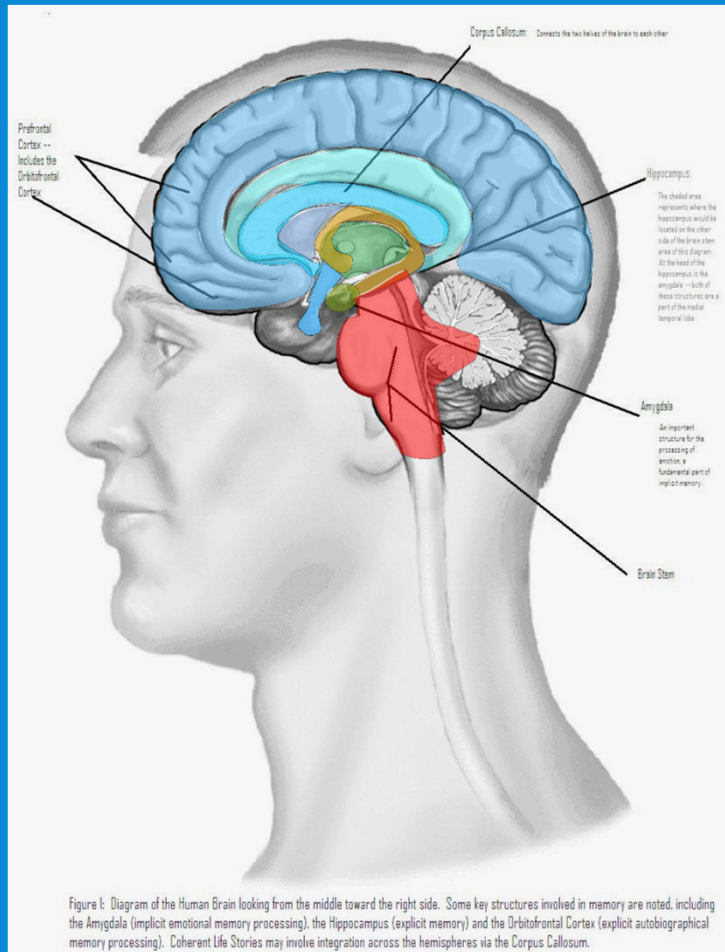
Stress

- Changes in the body and brain set in motion when there are overwhelming threats to physical or psychological well being

Physiology of Stress

- Shifts the body's priorities
- Puts on hold planning, learning, future-oriented responses
- Focuses on support of vigilance, focused attention, increased muscle tone and heart rate

Organizing Principle: Three Parts of The Brain



Cortex: Thinking

Integrates input from all 3 parts
Cognition, beliefs, language,
thought, speech

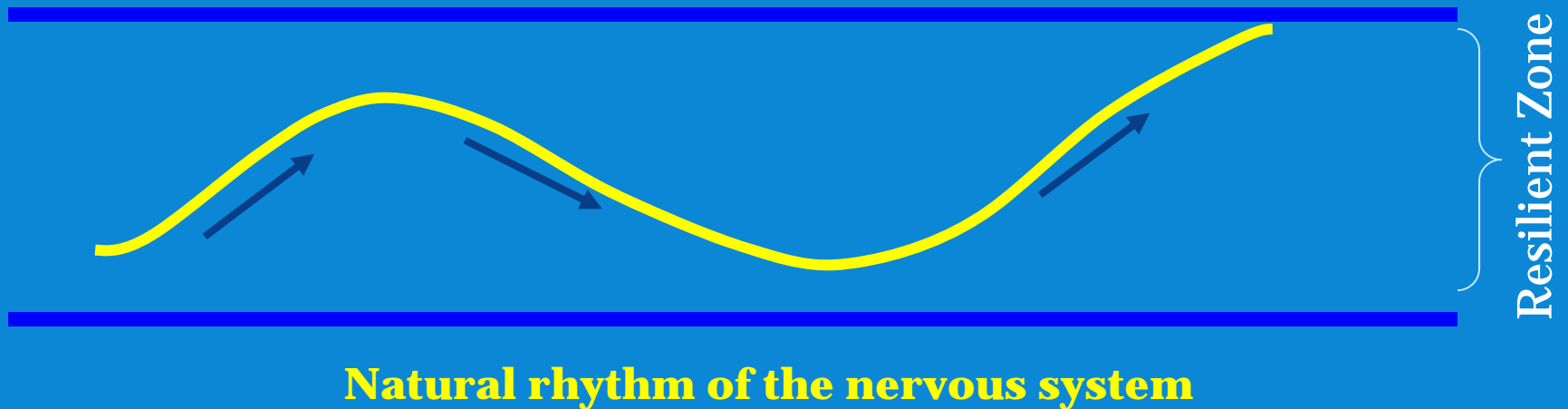
Limbic Area: Emotional

Assesses risk
Expression and mediation of emotions
and feelings, including emotions
linked to attachment

Survival Brain: Instinctual

Carries out "fight, flight, & freeze"
Unconscious
Digestion, reproduction, circulation,
breathing - responds to sensation

Resiliency Zone

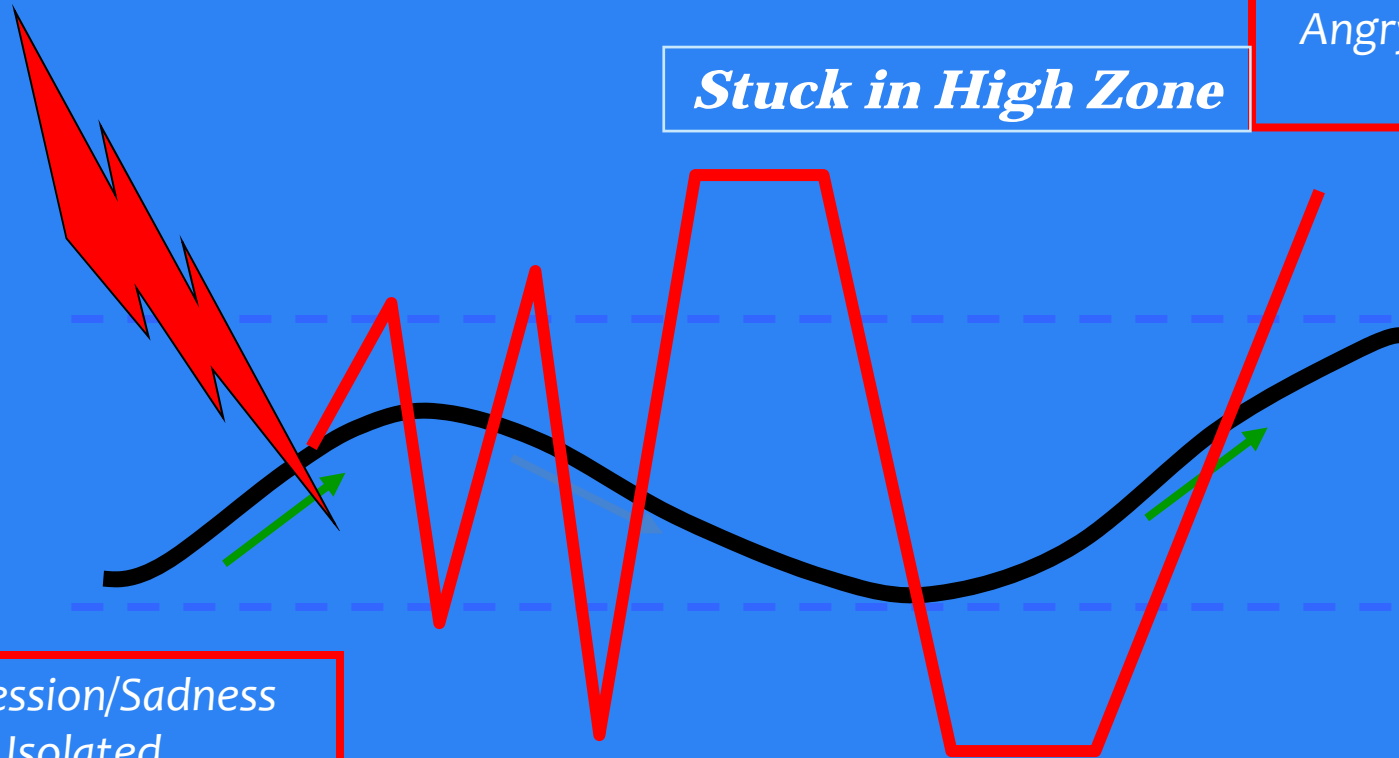


Used with Permission –
Trauma Resource Institute

Traumatic/Stressful Event or Stressful/Traumatic Triggers

Edgy
Irritable
Mania
Anxiety & Panic
Angry outbursts
Pain

Stuck in High Zone



Resilient Zone

Depression/Sadness
Isolated
Exhaustion/Fatigue
Numbness

Stuck Low Zone

Let's watch a video

Dan Siegel

<http://www.psychalive.org/author/dr-d>

Using the PSI

- Identifies Risk Factors to the Parent-Child Relationship
- Identifies Parent Strengths and Vulnerabilities
- Helps us to Develop Supportive Intervention Strategies

Building Resiliency - A Parallel Process

Home Visitor → Parent → Child

- First Nervous System to Regulate – Our Own
- Providing a Calm, Empathic Presence to Parents Enables them to Regulate their Own Stress Response
- Once Regulated and in Resiliency Zone, Parent can Provide Protective Nurturing, Soothing Response to their Child
- This Creates Conditions for Optimal Development of their Child

PSI4 Scoring

- * **PD**= Parental Distress (1-12)
- * **P-CDI**= Parent-Child Dysfunctional Interaction (13-24)
- * **DC**= Difficult Child (25-36)

- * **Defensive Responding** (green shaded items)
1,2,3,7,8,9,11



Scoring Sheet

Name Bart Simpson Gender M Date of birth / /
 Ethnic group _____ Marital status _____ Today's date / /
 Child's name _____ Child's gender _____ Child's date of birth / /

Defensive Responding 15
(sum of shaded responses;
 significant if score is 10 or less)

1.	5	4	3	2	1
2.	5	4	3	2	1
3.	5	4	3	2	1
4.	5	4	3	2	1
5.	5	4	3	2	1
6.	5	4	3	2	1
7.	5	4	3	2	1
8.	5	4	3	2	1
9.	5	4	3	2	1
10.	5	4	3	2	1
11.	5	4	3	2	1
12.	5	4	3	2	1
13.	5	4	3	2	1
14.	5	4	3	2	1
15.	5	4	3	2	1
16.	5	4	3	2	1
17.	5	4	3	2	1
18.	5	4	3	2	1
19.	5	4	3	2	1
20.	5	4	3	2	1
21.	5	4	3	2	1
22.	1	2	3	4	5

PD 30

P-CDI 25

23.	5	4	3	2	1
24.	5	4	3	2	1

Percentile Profile

%ile	Raw score				%ile
≥99	47-60	44-60	48-60	128-180	≥99
98	45-46	42-43	45-47	125-127	98
96	43-44	40-41	43-44	120-124	96
94	42	38-39	42	118-119	94
92	41	37	41	116-117	92
90	40	36	40	114-115	90
88	39		39	113	88
86	38	34-35	38	110-112	86
84				108-109	84
82	37	32-33	37	106-107	82
80	36	31	36	104-105	80
78	35	30	35	102-103	78
76	34	29	34	98-101	76
74				93-97	74
72	33	28	33	90-92	72
70	32	27	32	89	70
68	31		31	87-88	68
66	30	26	30	85-86	66
64	29			83-84	64
62	28	25	29	82	62
60				80-81	60
58	27	24	28	78-79	58
56				76-77	56
54	26	23		75	54
52				74	52
50	25	22	26	73	50
48		21			48
46	24		25	71-72	46
44				70	44
42		20		69	42
40			24	68	40
38	23			67	38
36	22	19		66	36
34			23	65	34
32	21	18		64	32
30			22	63	30
28		17		61-62	28
26	20		21	60	26
24		16		59	24
22	19		20	58	22
20	18			57	20
18		15	19	56	18
16				54-55	16
14	17	14	18	53	14
12				51-52	12
10	16	13	17	50	10
8	15		16	48-49	8
6	14		15	45-47	6
4	13	12	14	42-44	4
2	12		13	40-41	2
≤1			12	36-39	≤1

- 25. 5 (4) 3 2 1
- 26. 5 4 3 (2) 1
- 27. 5 4 3 (2) 1
- 28. 5 (4) 3 2 1
- 29. 5 (4) 3 2 1
- 30. 5 4 3 2 (1)
- 31. 5 4 3 (2) 1
- 32. (5) 4 3 2 1

33. 1 (2) 3 4 5

DC 36

- 34. 5 (4) 3 2 1
- 35. 5 4 3 (2) 1
- 36. 5 (4) 3 2 1

$$\begin{array}{r}
 \text{PD} \quad \text{P-CDI} \quad \text{DC} \quad \text{Total Stress} \\
 30 + 25 + 36 = 91 \text{ Raw score} \\
 66 \quad 62 \quad 80 \quad 72 \text{ \%ile}
 \end{array}$$

See Appendix C of the PSI-4 Professional Manual for a detailed normative conversion table.