

Picture	Text
	<p>"The memories of our time in the womb and our births are held in every cell of our bodies. The quality of birth affects the quality of life, and in turn, impacts and shapes the quality of society. Birth is the source experience in the body, and we were conscious at birth. Thus, our birth affects our whole subsequent mental, emotional and spiritual wellbeing. The decisions we make at birth are the foundation for the beliefs and patterns that are active in our lives. Those individual attitudes and patterns translate to the attitudes and patterns displayed by nations".</p> <p>Binnie A. Dansby (Teacher, Therapist, Philosopher, Author)</p>
	<p>"It has been considered in ancient medical models like Ayurveda and Chinese Medicine that the health and well being of babies, and later the child and adult, begins at the moment of conception. It can even be said to start before that with the health of the father's sperm and the mother's ovum playing an important role..."</p> <p>Ten Lunar Months by Amanda Edwards, B.Ac. M.B.Ac.C. Rev, (Acupuncturist, Counsellor, Doula &amp; Author)</p>

Picture	Text
 FEBRUARY BY SOPHIA NOX	<p>"February plays with the theme of fertility and birth, celebrating the continual emergence of life on both micro and macro scales. While the motif refers to the coming into existence of human beings, the title links to the yearly reoccurring of life in Nature as the first signs of spring start to stir. To the artist, the emergence of life is like a light in the darkness, continually lit, extinguished and relit in a never-ending cycle. Human life – like life in Nature – is not seen as a linear occurrence taking us from birth to death, but as an undefinable circular manifestation of thought, soul and matter. As human beings and as beings inhabiting Mother Earth, we are in a continual process of becoming."</p> <p>Sophia Nox (Artist)</p>
 IN THE BEGINNING BY ALEX FLORSCHUTZ	<p>"Good beginnings make a positive difference in the world, so it is worth our while to provide the best possible care for mothers and babies throughout this extraordinarily influential part of life."</p> <p>Ina May Gaskin (world renowned midwife - Spiritual Midwifery 2002)</p>

Picture	Text
 <p>LUNAR EMBRACE BY AMY HADERER</p>	<p><b>Our Children by Monica Lakanpaul</b></p> <p>Children join the world with no demands or desires      No religion, no name, no labels to divide them      A baby's cry, a baby's smile all come from one place      That innocent soul searching for a mother's sweet face</p> <p>But soon, the world shows its wonderful glory      Young children searching for some food on a plate      They play in the dirt that we have created      And breathe in the air that the world made polluted      Their skin gets sore from the mess in our sewers      Whilst they watch the parade of their friends being cremated</p> <p>They hear no more the voice of their mother      Blocked out by the noises that gave pains in their ear      A smile, a cry, did we not all start out the same      But oh, the world divides us so quickly again      No class, no caste, no religion at birth      Then why this game, surely, it must have a real name</p> <p>The rich throw their food, clothes and cars away      Too much for them now but it happens again      The poor get sick, weak and ill from pollution      No school, no hospital, no jobs for their approval      Is this the world that we all dreamt of creating      Please all, can we do something and stop the debating</p> <p>Surely now we should come together to fight      Fight for the children who should have the same rights      Every mother's wish for her child is the same      Surely now it is time for us to change the name of the game?</p>

Picture	Text
 <p data-bbox="165 736 589 765">SUMMER SOLSTICE BY AMY HADERER</p>	<p data-bbox="673 226 1383 339">“It is easy to forget that behind the belly of a pregnant woman, there is a Human Being developing, taking shape, creating its identity and uniqueness.</p> <p data-bbox="673 384 1399 534">The heart starts to beat in the first few weeks after conception, the brain is building its neuropathways and the cellular memory is storing data while the silent, invisible story forms within us.</p> <p data-bbox="673 579 1430 855">Creating a harmonious ‘womb environment’ in pregnancy is desirable to enable the best outcome for the infant. Preparing for the Birth is paramount. It is the transition from womb to world, which is a defining right of passage, not only for the mother but it is the infants first experience of life. I think we should treat this process with the sanctity it deserves”.</p> <p data-bbox="673 900 1426 968">Alex Florschutz, MA, (The Art of Birth - Empower Yourself for Conception, Pregnancy and Birth, 2013)</p>
 <p data-bbox="165 1711 600 1756">BIRTHING THE NEW HUMANITY BY SIMON HOFER (SHUTTERSTOCK) &amp; GREGORY MOULINET</p>	<p data-bbox="673 990 1426 1230">“Once conception has occurred the baby starts to experience the outside world through their mother. Everything the mother feels, thinks, eats, sees and does will have an effect on her developing baby. The mothers internal environment is influenced by her external environment and her interaction with the outside world.”</p> <p data-bbox="673 1275 1256 1388">Ten Lunar Months by Amanda Edwards, B.Ac. M.B.Ac.C. Rev, (Acupuncturist, Counsellor, Doula &amp; Author)</p>

Picture	Text
 <p>BABY BRAIN BY GEORGINA GRIFFITHS</p>	<p>"The intention of this work is to evoke vividly the strong connection between good perinatal mental health and the optimum development of a child's brain in the first 1000 days of life. Millions of synaptic connections are forged between brain cells from conception to two years old, creating the architecture of the brain. Repeated emotional experiences – positive and negative – can help or hinder this vital early 'wiring' process. The ability of a primary carer – usually the mother – to respond consistently and positively to the needs of a baby is vital for its emotional and intellectual development. Looking after a new mother's mental health is therefore critical, not just for her wellbeing, but for that of her child.</p> <p>Drawing on an artistic interpretation of MRI scans, this piece juxtaposes images of an infant's growing brain with words that conjure up various thoughts, feelings and experiences associated with early motherhood. The words have been contributed and handwritten by a number of different mothers (including myself), adding to the emotional resonance of the piece."</p> <p>Georgina Griffiths (Artist)</p>

Picture	Text
 <p>LIFE BEFORE LIFE BY ALEX FLORSCHUTZ</p>	<p>"Infant mental health is very important because it lays the basis for child and even adult mental health. And infant mental health starts before the baby is born. Our vulnerability or resilience for mental health starts in the womb.</p> <p>The brain starts to develop early in gestation, and continues to be changed throughout life. But its "plasticity" or ability to change in response to the environment, is greatest at the beginning. This response to the environment in the womb is called "fetal programming".</p> <p>The fetal brain is under construction, and its neuronal pathways start to be formed in response to the biological environment it receives from the mother's blood. Programming does not mean that the trajectory is set in stone and cannot be changed. We know that it can be changed later. Insensitive mothering, or an abusive environment can make things worse, and sensitive mothering after birth can improve outcomes.</p> <p>The mother's emotional state while pregnant can alter the development of the fetal brain, and increase the risk of later problems such as ADHD, although most children are not affected. Healthcare professionals, family, friends and work colleagues, all need to give emotional support to pregnant women".</p> <p>Professor Vivette Glover (Professor of Perinatal Psychology, Imperial College, London)</p>

Picture	Text
	<p>"We are all familiar with the term 'Baby Blues' when a woman can feel happy one minute, sad and cry for no reason the next. These mood swings can last a few hours or up to two weeks after childbirth. However, up to 20% of women can develop a more debilitating mental illness during pregnancy or after the birth including antenatal and Postnatal Depression (PND)."</p> <p>Although difficulties in mother-child relationships in the context of PND have been highlighted, it should be stressed that this does not always apply, and some depressed mothers are highly sensitive to their infants and young children and have good relationships with them" (Prof. L. Murray). We need more perinatal mental health support worldwide."</p>
<p>Pregnancy 2 by Joanne Makin</p>	<p>Postnatal Depression &amp; the Under Twos Professor Lynne Murray (Professor of Developmental Psychology)</p>
 <p>DOMESTIC BLISS BY GILL WHITE</p>	<p>"<i>Domestic Bliss</i> installation is a stark commentary on our media-enhanced expectations of an air-brushed family life, contrasted with the violent realities that we know many children face in the place they call home.</p> <p>Victims of domestic abuse are more likely to experience symptoms of depression and anxiety, or abuse drugs or alcohol. We also know that the generational cycle of abuse can continue with those experiencing or witnessing violence in childhood being more likely to be attracted to violent partners or even going on to commit violence in relationships themselves.</p> <p>....for many children there never was or has been a 'golden age' and that behind closed doors families are always more complex and potentially less stable than any of us would wish."</p> <p>Reflecting on Domestic Bliss By Jonathan Rallings</p> <p>Domestic Bliss by Gill White</p>

Picture	Text
 <p>CLOSE-UP</p>	<p>"1 in 4 women worldwide experience Domestic Violence. Domestic violence can lead to depression, anxiety, post traumatic stress disorder, and other mental health problems both during and after pregnancy. This makes it difficult for mothers to care for their children."</p> <p>Excerpts from Domestic Violence and Pregnancy piktochart</p> <p>Professor Louise Howard (Professor of Women's Mental Health, King's College London)</p>
 <p>CHILD BRIDE AND HER DESTINY BY MARY ROUNCEFIELD (BACK)</p>	<p>"The size of this sculpture (h: 60cm) reflects the age and small physical frame of young girls forced /sold into child-marriage. The reverse side shows that she may soon become pregnant.</p> <p>This piece was made to emphasise the physical danger faced by very young girls forced into motherhood and marriage (often at puberty). As a child gives birth to another child, opportunities for education and life-chances are diminished. I have used brambles as a symbol of entrapment and pain, while the daisy is a symbol of innocence.</p> <p>Marriage under the age of 15 is still legal in many parts of the world."</p> <p>Mary Rouncefield (Artist)</p>

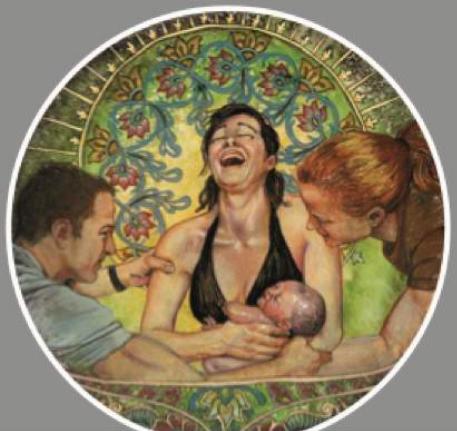
Picture	Text
 <p>CHILD BRIDE AND HER DESTINY BY MARY ROUNCEFIELD (FRONT)</p>	
 <p>CHILD WITH CHILD BY ILDIKO NOVA</p>	<p>"Childhood is a period of hope and potential when it is characterised by love and connectedness. Safe, warm interactions with nurturing carers help billions of brain cells in the baby's brain to join up, building strong foundations for future learning and wellbeing. It is as if the brain cells hold hands, wrapping their tendrils around one another as they go. Loving touch and turn-taking between infant and adult stimulates the brain cells to wire together. Circles of calming communication between carer and infant are translated into circuits of self-regulation in the brain. In this way, safe, nurturing early care creates the pathways which lead to life-long emotional, social and cognitive achievement.</p> <p>Pregnancy and the first three years of life are when the roots of the brain are formed, but these roots become harder to change as the child grows. As we grow, the tree of our brain takes shape. Like a tree, the human brain offers infinite potential to grow and obfuscate earlier damage, if conditions are right.</p> <p>A parent needs emotional and mental space in order to provide warm interactions and safe holding. Parental wellbeing needs to be a priority if we aspire to provide every child with a good start in life. If left unsupported, parents can begin to feel disconnected from their child, or even resentful or persecuted. The infant's circuits of self regulation which rely on parental emotional health break down. The child is left under the powerful control of their feral limbic system, to manage their own stress unaided and adrift.</p> <p>Therapy or supportive relationships can provide a hiatus from the storm. A safe therapeutic relationship allows space for both the child and the parent, for the fists to uncurl and for the hands to consider the possibility of re-connection. Over time, health can be restored and new shoots can start to grow. Early therapeutic services are vital for the long term health and prosperity of parents and children."</p> <p>Neurobiology, Brain Connections and Relatedness Dr Karen Bateson, MMBS, DRCOG, DFFP, MRCGP</p>

Picture	Text
 <p>BRIEF YET EVERLASTING BY AMY HADERER</p>	<p>We need to honour the experiences of women who go through infertility, miscarriage, abortion and other pregnancy-related losses, pregnancy from rape (including marital rape), sexual violence, or FGM.</p> <p>We need to help women (and families) to make space to 'feel' and 'heal' these experiences however they choose, and we need to educate society on the emotional impact of these experiences on the health and wellbeing of women and their families.</p>

Picture	Text
	<p><b>Prayer for a Healthy Child: After a Miscarriage</b>  <b>Laura Seftel</b></p> <p><b>EXPECTING</b></p> <p>It is an indelible loss - like ink on a white blouse,  something ruined, irreversible.  Bright red swirls in the morning waters.  You stare silently, you think it might be a dream,  a dream just before waking.</p> <p>You're losing something but you cannot stop it.  Your husband is running up the stairs.</p> <p>What they didn't tell you  is that it's not over in a minute, or even a half hour.  You will eat lunch in an Indian restaurant  and at an odd instant recall  you are having a miscarriage.</p> <p>"It was never viable" the doctor explains.  You can't seem to hear her -- you notice her kind  eyebrows.  The nurses locate places for you to weep,  Tears springing, as if to wash away this wrong story.  Waiting for her to say there is still a baby somewhere.</p> <p>I cannot find myself. Perhaps I have slipped out as well.  Perhaps something has broken open.  And now what to do with the prenatal vitamins?</p> <p>The cherries on our tree, tiny hard miracles,  Have quickly turned over-ripe.  Sitting in metal bowls they exude their sticky juices.  There seem to be always more of them.  How will it end? How many pies can I bake?  My hands are already stained  with the work of slitting each one and  pulling out the stone.</p>

Artwork by Laura Seftel (Artist and Art Psychotherapist)

Picture	Text
 <p>All Creation Groans by Amanda Greavette</p>	<p><b>Thoughts to Remember for an easier labour and birth by Binnie A. Dansby</b>  For pregnant women, partners, midwives and all who support birth with love.</p> <p>Be with people who think you can do it. Keep numbers to a minimum, and to people with whom you are familiar.</p> <p>Labour is active. Keep moving as long as you can. I don't mean you have to keep standing, just be as normal as possible, moving and being in positions that are comfortable. When you have a contraction, lean forward on someone or the wall or a chair. On your hands and knees is a good position to try, and I have noticed that the majority of the women who have given birth with me have done so on hands and knees.</p> <p>You know your body better than anyone, and if you 'listen in', you will know exactly what to do, even when you think you don't. Ask your partner or support person to remind you and to see to it that you are asked before anyone makes a decision about what you 'should' do. SLOW DOWN, take your time. You can also take the time to 'listen in' to your baby.</p> <p>Don't try to be strong, talk about how you are feeling and what you are thinking. When you can access your feelings, whatever they are, you can then use the energy however you choose. Make the sounds that are comfortable for you. You and your baby are the ones who matter, the ones everyone is there to support!</p> <p>Breathing is very helpful, and holding your breath is not. You will know how to breathe, for you. Keep relaxing your jaw, and opening your throat and pay attention to the breath. 'As above, so below'. The mouth and jaw and throat represent the pelvis and the birth canal. It is enough to do to pay attention 'above'; 'below' is perfectly designed to birth a baby.</p> <p>You always have a choice about what you Speak Out, no matter how your body is feeling. 'NO' causes the body to contract, and 'YES' causes the body to open. It may sound silly, and 'Yes' and 'Thank You' with a contraction will support you to stay focused on what is really important. I have seen it seem to work miracles.</p> <p>YOUR BABY IS FULLY CONSCIOUS AND EDUCABLE WHICH MEANS THAT SHE IS LISTENING AND COMMUNICATING TELEPATHICALLY. TALK TO HER; LET HER KNOW WHAT IS HAPPENING FOR YOU. UNDER ALL CIRCUMSTANCES, MAKE SURE THAT ANYTHING THAT IS DONE TO HER BE EXPLAINED TO HER FIRST.</p> <p>IF YOU HAVEN'T ALREADY, TAKE SOME TIME EACH DAY TO LISTEN TO YOUR BABY. REMEMBER THAT THIS BEING LOVES YOU BEYOND ANYTHING THAT YOU CAN EVEN IMAGINE! YOUR JOB IS TO OPEN TO RECEIVE ALL THE LOVE THAT SHE HAS FOR YOU AND YOUR PARTNER! THAT IS ALL YOUR BABY WANTS OR EVER WILL WANT.</p> <p>After the birth, see to it that you and your baby are together, or that she is with your partner. Make sure that you receive nurturing and support in physical forms. The baby and you are one unit; things don't change just because she is outside now. This doesn't mean that you can't put her down; just that you know that you need baby as much as baby needs you. You need to be cared for so that you can give what is needed.</p> <p>Choose an overall focus for yourself for the birth. Expansion is one that I know has been very successful. Another woman chose to think of her labour and birth as a sensual, sexual experience. Opening like a flower is wonderful. Pictures of full-blown roses and the lotus are images that are helpful. What images and aromas give you a sense of completion and wholeness and comfort?</p> <p>Allow yourself to receive all the love and support that is around you. Make clear choices and then trust that you make the right choices for you and your family.</p> <p>YOU DESERVE TO BE SURROUNDED BY PEOPLE WHO ARE LISTENING TO YOU AND THE BABY. PEOPLE WHO ARE SUPPORTING YOU TO HAVE AN EMPOWERED, ENLIGHTENING EXPERIENCE. THERE IS NO RIGHT OR WRONG WAY, IF YOU ARE LISTENING TO YOURSELF AND TO YOUR BODY. YOU HAVE EVERY THING THAT YOU NEED! HAVE AN INNOCENT, ECSTATIC TIME! I LOVE YOU.</p>

Picture	Text
 THIS IS WHY BY AMY HADERER	<p>"When you destroy midwives, you also destroy a body of knowledge that is shared by women, that can't be put together by a bunch of surgeons or a bunch of male obstetricians, because physiologically, birth doesn't happen the same way around surgeons, medically trained doctors, as it does around sympathetic women."</p> <p>Ina May Gaskin (Spiritual Midwifery 2002)</p>
 CARIAD (BELOVED) BY NIA WALLING	<p>"Whenever and however you give birth, your experience will impact your emotions, your mind, your body, and your spirit for the rest of your life."</p> <p>Ina May Gaskin (Spiritual Midwifery, 2002)</p>

Picture	Text
	<p>"I would like to challenge our understanding of 'safety' in relation to babies and young children, and propose that the greatest gift we can give our children is to offer them the opportunity to develop 'a bodily feeling of safety' from which to grow and develop to their full potential. Creating safety is not merely the removal of threat it necessitates providing children with an environment that is consistent, nurturing, warm and safe.</p> <p>Dr Porges's Polyvagal Theory explains our early experience, including the prenatal period is registered in our nervous system, and informs whether we can trust the other or need to defend ourselves in social situations. "The Central Nervous System, through the processing of sensory information from the environment and from the viscera, continuously evaluates risk. Since the evaluation of risk is so important to survival, much of the evaluation is going on in areas of our brain that are outside of consciousness." (Porges 2015).</p>
<p>TELL ME WHERE YOU WERE BORN AND I WILL TELL YOU YOUR FUTURE BY FROSO PAPADIMITRIOU</p>	<p>Babies and young children who have not established a bodily feeling of safety often lash out in an effort to protect themselves from their perceived experience of danger. This trigger comes from their unconscious memory of earlier experiences of feeling unsafe and is activated by a perceived threat in their environment even when none may exist. They may be difficult to settle, find it hard to share, be hyperactive and easily over stimulated and be labelled HSC.</p> <p>Unfortunately many parents and carers suffer from their own early life disturbances, and are easily triggered by their children's behaviour, unable to remain calm and support the feeling of safety in their children."</p> <p>The Vital Neurobiology of Feeling Safe Kitty Hagenbach, MA, Dip Psych (Psychotherapist)</p>
	<p>"Pregnancy and birth is a deeply instinctual experience and part of nature spanning millions of years, an art with which we are rapidly losing touch. How do we reconnect back to the ancient natural life cycles of the human being and translate it, in a positive way, to our time? Let us begin by trusting our own intuition and body wisdom to birth and parent our children."</p> <p>Alex Florschutz, MA, (The Art of Birth - Empower Yourself for Conception, Pregnancy and Birth, 2013)</p>
<p>&amp; CHILD BY ALEX FLORSCHUTZ</p>	

Picture	Text
 <p data-bbox="165 720 654 804">INTO THESE HANDS BY AMY HADERER</p>	<p data-bbox="673 226 1367 300">“Don’t think of it as pain. Think of it as an interesting sensation that requires all of your attention.”</p> <p data-bbox="673 339 1403 377">Ina May Gaskin (on labour in Spiritual Midwifery 2002)</p>
 <p data-bbox="165 1230 654 1318">OXYTOCIN BY AMY HADERER</p>	<p data-bbox="673 826 1411 979">The hormone <b>Oxytocin</b> stimulates powerful contractions that help to thin and open (dilate) the cervix, move the baby down and out of the birth canal, push out the placenta, and limit bleeding at the site of the placenta.</p> <p data-bbox="673 1017 1432 1215">The <b>oxytocin</b> reflex is also sometimes called the “letdown reflex” or the “milk ejection reflex”. <b>Oxytocin</b> is produced more quickly than prolactin. It makes the milk that is already in the breast flow for the current feed, and helps the baby to get the milk easily.</p>

Picture	Text
 RUMINA BY AMY HADERER	<p>Dear Mama by Alison Jones</p> <p>Dear Mama,</p> <p>I'm coming soon, to be with you, and there are some things I wish you knew, about feeding me, and how we can be together.</p> <p>I come hard-wired to feed, and usually, you won't need to do very much but follow my cues, you'll need to learn those, watch and see my rose-budded lips searching, my hands touching my face looking for the place they could rest on your breast, just follow me, forget the clock, just take stock of my nappies, poos and wees showing you that what goes in must come out, if in doubt, ask someone skilled, with up to date knowledge, who will be thrilled to help; ask the right people, Baby Café, LLL, don't dwell on anecdotal advice from family members who only tried it twice,</p> <p>or have no history of feeding this way and say things to solve problems that may not be there, beware of experts in arm chairs!</p> <p>Feeding a lot at first is normal, it doesn't mean I'm too hungry, or that you don't have enough, I just want the good stuff, and bodies are clever to lead each other in demand and supply, so try to relax, set up a nursing station with water and snacks so we can sit and be together, frequently.</p> <p>Only worry if I don't gain weight, or settle comfortably after a feed, check it out and go and see a medical professional, but know your facts too, the skilled helpers I've mentioned can give you research to show and share with those who seek to care.</p> <p>I'll feed a lot at night too, it's just something babies do, I don't yet know night from day, and the long sleep patterns you've come to expect are a new thing, in history, so if I wake repeatedly, it's because I want to know I'm safe, with you close to me, I might be teething, or needing you in another way, so please stay with me let me be at your breast, don't leave me to cry like some kind of test, a battle of wills. Please help me to be calm and still, if I do cry alone, my stress levels can be high and I might think a predator is near and I don't want them to hear, so I mimic death until I think danger has passed and I am sure that's not what you want me to do ~ I should be with you. Even if I can't settle or be consoled, being in your arms I will know you are there and that you care for me and will help me through whatever is upsetting me.</p> <p>If I'm fussy in the evening, that's normal too, and the best you can do is to feed me lots of times in little clusters on the sofa, or in bed, or in a sling instead, you can feed in them too and get on with what you want to do. Try all the positions to make feeding work, with a wide mouth and a tilted head, laid back nurturing, or side lying in bed, and if people offer help, ask for cooking and cleaning, a mother and baby feeding need time to constellate in their new state of being, as a family, from two to three. With love from your baby, who is dreaming the way to you.</p>

Picture	Text
 <p>BREASTFEEDING SERIES BY LEANNE PEARCE</p>	<p>Encouraging realistic, guilt-free breast feeding which enhances brain development, attachment, bonding and overall health, by nurturing yourself nutritionally, physically and emotionally during pregnancy followed by optimising complementary feeding practices (6-24 months).</p> <p>"The first 1000 days – from conception to a child's second birthday – is a critical period of rapid growth and brain development. During this period, nutrition plays an important role in a child's cognitive development. Basic recommendations advise home-prepared foods with a high consumption of fruit and vegetables, vitamin D and iron rich foods, vitamin B12, folic acid and zinc which are all important during pregnancy and early childhood.</p> <p>Maternal nutrition may also have an impact on the mental health of the mother herself, as well as influencing the infant via parenting behaviour and infant attachment. Finally the importance of interaction and active play should not be underestimated in a child's cognitive development."</p> <p>Professor Monica Lakhampaul (Professor of Integrated Community Child Health, GOS Institute of Child Health, University College London (UCL))</p>

Picture	Text
 <p>MOTHER &amp; CHILD BY RICHARD ANSETT</p>	<p>"This piece is a response by the artist to separation from his birth mother. Adopted as a child, he expresses the lived experience of an inevitable pre-verbal trauma through a portrait in the moment of the partly present and absent mother..." (Andy Beckingham, FFPH. Consultant in Public Health and Research Fellow).</p> <p>Mother &amp; Child by Richard Ansett (Photographer)</p> <p>* * *</p> <p>"This piece of art is a response to the separation of the birth mother from the child, expressing the lived experience of preventable trauma. The mother is in the room but the child's experience is of isolation, longing, loneliness. The picture was created just prior to the invasion of Crimea and the original piece remains there, now unreachable.</p> <p>Richard (artist) and Andy (Public Health scientist) collaborated without meeting, talking about the photograph, which speaks for itself of the infant's experience of enforced separation from the mother and the powerful experience of neglect, isolation.</p> <p>Substantial evidence has accumulated from research on the impact of infantile neglect on brain development and its powerful effect on children's development, influencing their ability to cope with later adversity, their adult health and life expectancy. (Anda, et. al., 2005)</p> <p>Increasingly the evidence from research shows lifelong health impacts. Infants have an intrinsic need for comfort, touch, reassurance, intimacy and acknowledgement through parental mirroring, and our senses and physiological systems are set up to receive this. When the child is cared for, the brain rapidly develops to enable the infant to interact positively and creatively with the world. Neuro-imaging shows how the infant brain develops increasingly sophisticated responses, enabling the infant to survive emotionally when feelings are overwhelmingly strong but before intellectual understanding has developed. Loving, emotionally-competent parenting enables the infant to meet disappointment and adversity and learn to interact positively with others. (Mackay, 2003}</p> <p>Conversely, neglect and isolation inhibit neuro-development, and tend to shape a child to be focused on coping, surviving, manoeuvring, avoiding. This neglect thrives in poverty and disadvantage. 'Research has shown that adverse childhood events are linked to multiple adverse health outcomes... substance abuse, depression, cardiovascular disease, cancer, diabetes, risky sexual behaviour, smoking, suicidality and premature mortality in adulthood...' (Prock, 2016). Childhood neglect affects brain growth before puberty, limiting emotional and behavioural capacities, impairing ability to deal with stress and adversity and increasing risk of later chronic physical, behavioural and psychiatric problems.</p> <p>We now have huge opportunities to invest in promoting good infant development across the UK. The economic and social deprivation that maintain them could be eliminated. We have an abundance of money and skills, and the sophisticated technology to aid us in targeting resources according to needs, if we choose to invest them there (The Marmot Report, 2010). We have good evidence about which groups of children have the worst health and would benefit most from support (Rao and Beckingham, 2015). There is overwhelming evidence that intervention in the early years can be far more cost- effective than treating behavioural disorders and established mental and physical illness in adolescence and adulthood (Campion and Fitch, 2013). National policy on chronic disease still needs a massive shift towards intervention in the earliest years, and to address the massive inequalities in child health and well-being that influence our adult lives too."</p>

Picture	Text
 <p>MR SRINIVAS VADEPALLY</p>	<p>Mr Srinivas Vadepally has been Hospital Photographer for several years at the Fernandez Hospital, Hyderabad, India, founded by Dr Evita Fernandez. This is where the creation of a new profession of midwives was born, who's primary objective has been to humanise childbirth in India. They support and empower women, giving them choice, and ensure babies have immediate and lasting skin-to-skin contact right after the birth. Rates of breastfeeding within the first hour of birth are very high.</p>
 <p>NOT JUST BLUE BY ALI FERGUSON</p>	<p><i>"Not Just Blue</i> portrays the hidden experiences of motherhood. The words and handwriting were gathered by the artist as mothers shared their personal stories of postnatal depression during a community art project. The words made a profound impression, as did the fact that people had not previously shared their experiences. The aim of this artwork is to help people see that they are not alone and to open up conversations which could lead to parents receiving the support they need."</p> <p>Ali Ferguson (Artist)</p>
 <p>WELCOME TO THE WORLD BY JELILA</p>	<p>Birth is our entrance into this world and it has an impact that stays with us throughout life. It is our ultimate creation. Supporting gentle and harmonious ways to welcome babies at birth enables us to appreciate our ongoing creations in life.</p> <p>"Working with clients over the past 20 years, I am absolutely certain that how we first come into the world, our first experiences, shape the creation of the rest of our lives and it is so important that birth and early experiences are handled with care and love."</p> <p>Jelila (Artist and Therapist)</p>

Picture	Text
 FAMILY LIGHT BY CATHERINE GREENWOOD	<p>If pregnant women and mothers have more supportive environments, it will have a positive long term effect on the baby both personally and economically.</p> <p>"You invest a lot in your kids, from the sleepless nights early on and the frightening trips to the emergency room, to homework assignments and a million miles of taxi driving. The great thing is that everything you put in counts, and with a bit of luck, one day they will realise it. Love adds up to something. It's indestructible and immortal and carries long on after your own life is over. Who could ask for more?"</p>
 The Channel by Melody Garreau	<p><b>Optimum Response System (ORS)</b> created by Barry and Winnie Durdant-Hollamby (Relationships &amp; Communication Experts)</p> <p>Optimum Response System (ORS) presents a new understanding of communication, which demonstrates how we have all been trained to respond destructively to life situations, often resulting in broken relationships. Developed over 20+ years of counselling and coaching work, ORS is a psychological framework that enables repeatedly effective relationship building. Strong relationships are fundamental in helping babies, children and adults to thrive (LaBier, 2014). ORS invites us to:</p>

Picture	Text
 <p>FATHER &amp; SON BY ANDY KENT</p>	<p><b>How Dad Can Help Change The World - a brief message for dads</b> by Barry Durdant-Hollamby (Relationships &amp; Communication Expert)</p> <p>"Studies on the significance of a father's role in the wellbeing of his children have increased in the last 20 years as governments across the world search for the panacea to bloated welfare costs caused by physical, emotional and mental health problems in society.</p> <p>In the US Department of Health &amp; Human Services Manual report 'The Importance of Fathers in the Healthy Development of Children' (which informs hundreds of thousands of health-care professionals), authors Rosenborg and Wilcox (Rosenborg et al, 2006) make it very clear that children who have an active, involved, caring father will:</p> <ul style="list-style-type: none"> <li>● Experience greater cognitive abilities and educational achievements</li> <li>● Have enhanced psychological well-being</li> <li>● Exhibit more social behaviour</li> </ul> <p>Or to put it another way; a child who has an active, loving, caring dad in his life, whether the dad is in relationship with the child's mother or separated, is more likely to become an asset to, rather than a drain on, society. Dads really do have the power to change the world, and the research backs it up."</p>
 <p>Perfect Harmony by Valeriya N-Georg</p>	<p><b>DEEPEST IMPRINTS (reflection on Perfect Harmony and Anxious Touch by artist Valeriya N- Georg) by Kitty Hagenbach MA Dip Psych, Perinatal and Parent/Child Psychotherapist</b></p> <p>"Emotion-based mother-infant attachment communications are essential because they directly affect the development of the brain" Dr Allan Schore.</p> <p>Valeriya's artworks depict mother and baby in the womb – our introduction to the world. They highlight the powerful impact of a pregnant mother's psychological, emotional and physical state on her child's development during the first 1001 days.</p> <p>The emerging science of epigenetics reveals that genes can be switched on and off by the environment, therefore the experience in utero exerts a significant influence on a baby's life-long mental and physical development; our health at every level is determined by our experience in the womb.</p> <p>'Perfect Harmony' shows mother and baby attuned to each other; baby feeling safe, secure, trusting and loved. Successful prenatal bonding fosters secure attachment, a crucial foundation for all subsequent development. A contented baby is a joy to care for and likely to meet their developmental milestones and reach their full potential.</p> <p>Meeting these emotional needs fosters secure attachment. Secure attachment leads to a background state of emotional wellbeing, and emotional wellbeing is critical to physical wellbeing."</p>

Picture	Text
 <p>Anxious Touch by Valeriya N-Georg</p>	<p>'Anxious Touch' offers a contrasting reality; mother and baby looking away from one another as though appealing to the outside world for help. This mother appears unsupported, stressed, perhaps frightened. Her baby seems equally disturbed, anxiously kicking out while caressing mother's face, seeking to comfort her. We sense baby's insecurity, isolation, confusion and fear. This reduces the likelihood of reaching full term or later being able bond or attach securely. A stressed baby is difficult to care for, and may develop behavioural or mental health problems.<sup>4</sup> We have an opportunity and a duty to raise worldwide awareness of the crucial importance of the first 1001 days. Our goal is to make available and accessible a range of early interventions and support for pregnant women and their families. By enhancing the experience of mothers and the babies they carry we can foster a healthier, more compassionate and caring society, reducing dependence on government and world resources.</p> <p>Collaborating with Valeriya has been truly inspiring; the fingers in her images reference the many ways in which we touch one another. Artist and scientist, yet we are united in our conviction that every aspect of mother's experience during pregnancy has a formative influence upon her baby. I feel the images born out of our shared understandings convey with great clarity the importance of nurturing our life enhancing 'Deepest Imprints'.</p> <p>Kitty Hagenbach MA Dip Psych Perinatal and Parent/Child Psychotherapist</p> <p>Valeriya N- Georg (Artist)</p>

Picture	Text
 <p>Held with Light (series 1-3) by Melissa Sheffield</p>	<p>When babies/children are exposed to very stressful situations, like neglect, isolation and abuse, it can interfere with the wiring of their brain potentially leading to lifelong problems which can actually start in the womb.</p> <p>Consistent, loving and responsive care towards babies and an increased understanding of how toxic stress affects the developing foetus during pregnancy, can help avoid problems later on. Repeated positive parenting and more support for pregnant women and families, can help break unhealthy behavioural cycles that may have been passed down through generations.</p>
 <p>The Fabric of Young Life by Barbara Shaw</p>	<p>Children's opinions matter!</p> <p>The concept that children's opinions are invalid, just because they are children, is outdated. It is important that we learn to listen to children, honour and respect their opinions and welcome their contribution to the family and society. If this is not done, it can create a deep feeling of "I don't matter", 'I have no identity'. We may be missing out on the wisdom of children. Listening to them rather than trying to control them allows parents to learn more about their children and allows children to feel powerful in the family so that they can trust themselves and be 'powerful' as adults.</p> <p>The best thing you can do for your children is listen, talk, read and play with them.</p>
	<p>"The Fabric of Life evokes a sense of both safety and fragility. On the one hand, the richness and warmth of the colours coupled with the suggested softness of the fabric conveys security, and on the other, the delicacy of the hand-stitched work brings to mind fragility; a break in the stitching could unravel the whole piece. Babies are inherently fragile and they need to be, and feel, safe..."</p> <p>Homelessness in the Perinatal Period Dr Alice Haynes</p>