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**5TH NATIONAL CONFERENCE**

**“PREVENTION OF YOUNG CHILD ABUSE”**

**WARSAW, 11TH MAY 2012**

Organizers:



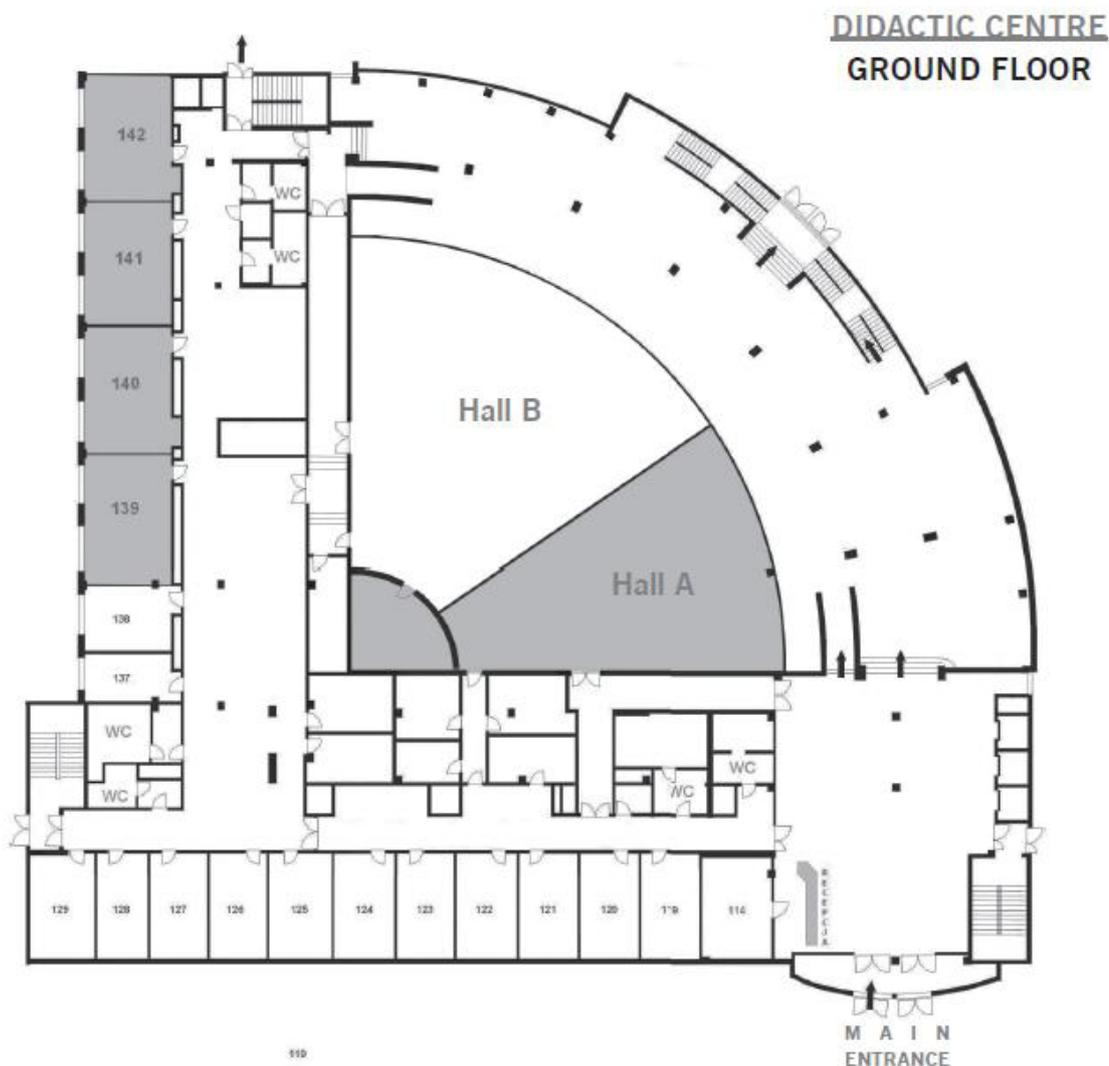
Co-financing:



The conference is financed from the funds of the City of Warsaw, Daphne Project „Smack Free Home for Every Child” of the European Commission, Visegrad Funds and The Velux Foundations.

## ORGANISATION INFORMATION

### ROOMS - GROUND FLOOR



Conference lectures take place in the Lecture Theatre A and in the rooms 139, 140, 141, 142.

Lunch and coffee is served in the hall on the – 1 floor.

Participants can receive educational credits awarded by the Medical Chamber (7 credits). In order to obtain a confirmation of participation in the Conference, please contact the Conference reception point. The certificates will be issued since 16.00.

The sessions in the Lecture Theatre A will be translated into Polish/English.  
The headphones are available at the registration desk.

## 5th NATIONAL CONFERENCE

### "PREVENTION OF YOUNG CHILDREN ABUSE"

11th MAY 2012, WARSAW

The Conference is organised under the "Good Parent – Good Start" Program run by the Nobody's Children Foundation.

#### **Honorary patronage:**

Minister of Labour and Social Affairs, Minister of Health, Polish Paediatric Association - Warsaw Branch, Polish Chamber of Nurses and Midwives, Polish Chamber of Physicians and Dentists

#### Academic Committee:

*prof. MD Maria K. Borszewska-Kornacka*

*MD Teresa Jackowska*

*PhD Grażyna Kmita*

*prof. Maria Kolankiewicz*

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*prof. MD Andrzej Steciwko*

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*Katarzyna Seidel*

*Renata Szredzińska*

*Alicja Teodorowicz*

*Anna Żardecka*

## Organisers:

### Nobody's Children Foundation



The Nobody's Children Foundation was founded in 1991. It is a non-governmental nonprofit institution whose aim is to protect children against abuse and to provide help to abused children, their families and carers. In our facilities we offer psychological, medical and legal assistance to the victims of abuse, and to their carers. We undertake actions aimed at improving the situation of children – witnesses in legal proceedings. We run to prevent child abuse on the Internet. We organise specialised training courses on issues related to child abuse for diverse professional groups and interdisciplinary teams. We conduct research and analyses which expand the knowledge on the subject and on which we base our actions. An important area of our activity are prevention programs, among them: "Good Parent – Good Start program: Prevention of Young Child Abuse".

### The Warsaw City Hall – Social Policy Office



Miasto  
Stołeczne  
Warszawa

The Social Policy Office of the Warsaw City Hall while realising its tasks focuses on analysis of social needs of Warsaw inhabitants and on possibilities of satisfying their needs by, among others, creation of adequate social programs and supervising tasks implemented by dependent units. Main areas of activities cover: child and family assistance, assistance for disabled and elderly persons, prevention of addictions and violence, prevention of homelessness and mitigation of its consequences, as well as assistance for refugees and repatriates. Non-governmental organisations are important social partners of the City Hall which financially supports their professional activities.

### Medical University of Warsaw



Medical University of Warsaw is the largest medical university in Poland. 11 departments and 3 specialisations gather almost 11 000 students, including 500 students from other countries. The University also offers PhD and postgraduate studies and organises specialisation and complementary professional trainings and courses. Academic and teaching staff consists of 1500 employees, including over 100 full professors. Department of Health Education is the newest department in the structure of the Medical University of Warsaw. At present it educates students in 5 academic areas: dietetics, nursing, obstetrics, medical emergency and public health. The program of the studies is implemented in a two-stage system and in three modes: day, evening and extramural. Moreover the University realises the so called "bridging courses" for nursing and obstetrics. It is a dynamically and rapidly developing unit. In 2007 it was certified to grant the title of Doctor of Medicine, and in 2009 it was certified to grant the degree of Doctor of Health Science.

# PROGRAM OF THE 5th NATIONAL CONFERENCE

## “PREVENTION OF YOUNG CHILDREN ABUSE”

11th MAY OF 2011

8.00-9.00	<b>Registration of participants</b>		
9.00-10.40	<b>Plenary Session Lecture Theatre A</b> <b>Opening of the Conference</b> Ceremony of presentation of Alina Margolis Award for outstanding work in the field of protecting children against abuse. <i>Situation of Young Children in Poland – presentation of the report – Monika Sajkowska</i>		
10.40-11.00	<b>Coffee break</b>		
11.00-12.30	<b>Plenary session Lecture Theatre A</b> <i>Forming a secure attachment between parents and children as a factor protecting children from abuse – Karl Heinz Brisch, M.D. (Germany)</i>		
12.30-13.10	<b>Lunch break</b>		
13.10-14.40	<b>Parallel sessions</b> <b>Parents for Parents – volunteers supporting families with young children – perspectives of three countries</b> Lecture Theatre A  <i>Stages of the “Home Start” project development</i> – Alzbeta Bencova (Czech Republic)  <i>Cooperation between Home Start programmes and other services</i> – Monika Lehocz (Hungary)  <i>First reflections on the “Volunteer in the Family” project – Anna Zardecka</i>  <i>Maintaining contact with the family – a volunteer’s view</i> – Agnieszka Laus-Rzepecka	<b>Prevention of abuse of children with disabilities</b> Room 139/140  <i>Child’s disability as a risk factor of abuse – sociological and legal aspects</i> – prof. Elzbieta Zakrzewska-Manterys, Justyna Podlewska  <i>Let’s not waste early years in working with children with complex disability</i> – Katarzyna Groniek, Ewelina Niewiadomska	<b>The role of medical services in the system protection of children against abuse</b> Room 141/142  <i>Proceedings in case of suspecting abuse. Perspective of a physician working in the hospital admissions department – Piotr Hartmann M.D.</i>  <i>System solutions to protect young children from violence - challenges and opportunities. Perspective of a paediatric outpatient clinic employee</i> – Marzena Romańska
14.40-15.00	<b>Coffee break</b>		
15.00-16.30	<b>Parallel sessions</b> <b>Psychological violence against young children</b> Lecture Theatre A  <i>Effects of psychological violence against young children</i> – Jolanta Zmarzlik  <i>Forms of support for the families using verbal violence</i> – Aneta Kwaśny  <i>Social campaign – “Words hurt for life”</i> – Marta Skierkowska	<b>Support for the families with young children at the risk of violence – experiences of the Polish nongovernmental organisations</b> Room 139/140  <i>“Parenthood behind the bars” – support for imprisoned parents</i> – Paulina Bera  <i>Challenges of the cooperation with parents and other agencies in prevention of young child abuse</i> – Monika Ciechomska	<b>Secure attachment as a factor protecting from abuse</b> Room 141/142  <i>Neurobiological basis of attachment</i> – M.D. Cezary Żechowski,  <i>Skin to skin – the importance of the first contact</i> – M.D. Barbara Baranowska
16.30-17.00	<b>Closing of the Conference Lecture Theatre A</b> <i>“Smack free home” – educational campaign on upbringing without violence – Magdalena Kosicka</i>		

## PLENARY SESSIONS

9.00-10.40, LECTURE THEATRE A, MODERATOR: RENATA SZREDZIŃSKA

### Ceremony of presentation of Alina Margolis Award

In 2011 the Nobody's Children Foundation and "Zeszyty Literackie" ("Literary Books") Foundation founded the Alina Margolis-Edelman Award for achievements in the field of helping abused children.

The illustrious doctor and social activist – called "the Paediatrician of the World" – founded the Nobody's Children Foundation in 1991. This way she created the first European non-governmental organisation that renders multi-level assistance to abused children. Doctor Margolis-Edelman was also the President of Association Les Cahiers Littéraires, the first publisher of the "Zeszyty literackie" ("Literary Books") quarterly. In 2011, on the occasion of 20th anniversary of the Nobody's Children Foundation, the NCF in cooperation with "Zeszyty Literackie" Foundation founded an award bearing her name.

The Alina Margolis-Edelman Award will be given every year for achievements in the field of helping abused children. The award winner will be selected by the Chapter composed of: Aleksander Edelman, Anna Edelman, Bożena Grzywaczewska, Agnieszka Holland, Tamara Kołakowska, Irena Kornatowska, Teresa Pajszczyk-Kieszkiewicz, Liliana Sonik, Barbara Toruńczyk and Zofia Winawer.

Every year the award winners will receive a statuette and an honorary diploma, and their biographic note shall be presented on the pages of "Zeszyty Literackie" and the quarterly "Dziecko Krzywdzone" ("Child Abuse: Theory").

In 2011 the award was granted to Jolanta Paruszkiewicz (paediatrician and child psychiatrist, head of the Child Psychiatrics Department of the Hospital in Józefów) and to Ryszard Izdebski (pedagogue, clinical psychologist, head of the Cracow Psychotherapy Institute of the SIEMACHA Association).

More information, the competition rules and an entry form are available on the website: [www.fdn.pl/konkurs\\_ame](http://www.fdn.pl/konkurs_ame)





Children aged 0-3 constitute 21% of all children population in Poland and more than 4% of the entire population of Poles. The “Young Children in Poland” report describes, therefore, the situation of 1 of 25 citizens of our country. The purpose of the report is to present the major findings of those areas of Polish families functioning and of the support systems that have potential impact on the wellbeing of children, and thus on their physical, mental and social development.

The report focuses on the broadly understood risks for the optimal development of children - from the risks of the prenatal development period, to the risks for the safety, health and stimulation in early childhood. Diagnosis of the risks contributed to formulating recommendations for the social policy which understands and values the importance of the first years of life.

The report was prepared with the support of the World Childhood Foundation, Nutricia Foundation and the European Commission within Daphne III programme.

**LECTURER:**

*Monika Sajkowska – doctor of sociology, director of the Nobody’s Children Foundation. In 1991-2008 she was a lecturer at the Institute of Applied Social Sciences at Warsaw University. Author and co-author of studies on the scale of the problem of child abuse in Poland, social attitudes towards the problem and on the image of the problem of child abuse in the media. The author of the scientific and popular publications on the problem of child abuse. Editor-in-chief of the “Abused Child. Theory. Research. Practice” quarterly, published by the Nobody’s Children Foundation.*

*Forming a secure attachment between parents and children as a factor protecting children from abuse*

MD Karl Heinz Brisch (Germany)

The development of a secure attachment to a caregiver is a protective factor for a child. In contrary, attachment disorders are a form of severe early psychopathology that emerges from early forms of violence of caregivers against the infant.

Based on attachment theory a diagnostic classification system of attachment disorders is presented. The presentation of clinical case studies (with video) demonstrates the differential use of the classification system of attachment disorders in infants and childhood. The general and special guidelines of attachment therapy are presented in the treatment of transgenerational trauma. The special treatment approach and the process of psychotherapy with various attachment disorders are demonstrated with audio-visual material.

To prevent attachment disorders, the attachment-based intervention programs SAFE® and BASE® were developed in Germany. Their major aims are to promote the infants' development of secure attachment and to enhance parental sensitivity for infants' needs, and to reduce aggression and anxiety, especially the transgenerational re-enactment of violence. SAFE® starts early in pregnancy and guides parents in group meetings and individual trauma-oriented psychotherapy till the end of the first year of their infant. BASE® is a training for children in kindergarten and schools that uses mother-infant observation to promote sensitivity for the infant's signals. The evaluation shows that children are less aggressive, less anxious, but more attentive and prosocial after one year of BASE® training.

LECTURER:

*Karl Heinz Brisch – M.D., is specialist for child and adolescent psychiatry and psycho-therapy, adult psychiatry and neurologist, specialist in psychotherapeutic medicine, psychoanalysis and group psychoanalysis. He is head of the Department of Pediatric Psychosomatic Medicine and Psychotherapy at the Dr. von Hauner Children's Hospital University of Munich, Munich/Germany. He is a lecturer at the university and also lecturer at the Psychoanalytic Institute in Stuttgart/Germany.*

*His main research topic is early child development with special impact on attachment processes and disorders. His publications are about attachment development of high-risk infants and clinical attachment research. He wrote a monograph about the application of attachment-oriented psychotherapy in the treatment of attachment disorders. He is president of the German Speaking Association for Infant Mental Health (GAIMH).*

### Parents for Parents – volunteers supporting families with young children – perspectives of three countries

Lecture Theatre A

13.10-14.40

Moderator: Anna Žardecka

#### *Stages of the development of the “Home Start” project* Alzbeta Bencova (Czech Republic)

“Home Start” is a project that was launched in Britain in 1973. Currently it is implemented in over 20 countries on five continents. It aims at supporting families with young children (0–5 years) in their own homes. Families are regularly visited by trained volunteers who also are parents themselves, so they can share their experience in childcare and upbringing of a child. During the lecture basic assumptions of the “Home Start” project and the stages of the project implementation in the Czech Republic will be presented.

#### *Cooperation of the “Home Start” programmes with other agencies* Monika Lehőcz (Hungary)

The lecture will present methods of cooperation of the “Home Start” project with volunteers, families and other institutions and organisations – both local, national and foreign.

#### *First reflections on the “Volunteer in the Family” project in Warsaw* Anna Žardecka

The presentation will be focused on first experiences of the Nobody’s Children Foundation regarding implementation of the “Volunteer in the Family” project, based on the Home Start project idea.

#### *Maintaining contact with the family – a volunteer’s view* Agnieszka Laus-Rzepecka

Presentation on a volunteer’s experiences in the “Volunteer in the Family” project: meetings with the family, the volunteer’s tasks, details of the assistance rendered by the volunteers. The volunteer will tell about the experiences she shares with the family and about what she has learned during the visits. She will also describe the doubts which often appear while working with a family, as well as good moments which strengthen the volunteer.

### LECTURERS:

**Alzbeta Bencova** – she studied social politics and social work at Faculty of Art (philosophical faculty) of Charles University in Prague (master degree). At the moment she is attending analytic psychotherapy training (7 years, title: accredited psychotherapist).

She has worked with HoSt Home-Start Czech Republic since 2000 (director and social worker and therapist). At the moment she is also leader of expert group for transformation of institutional care of children in National Support Centre for the Transformation of Social Services and trainer of social workers of child protection department (project run by Ministry of Labour and Social Affairs, Czech Republic).

**Monika Lehőcz** – social manager of Otthon Segítünk Alapítvány OSA (Home-Start Hungary), has been working for OSA for 11 years, in the beginning as a volunteering coordinator, then as its director since 2007; she is leader of the Budapest 14th district local group of the Hungarian National Large Families Association which is a very reliable co-operating partner of Otthon Segítünk Alapítvány.

**Anna Żardecka** – graduated from the Faculty of Pedagogy at the Warsaw University. Since 2003 she has been working in the NCF, at present in the team of the Good Parent – Good Start programme, she coordinates the “Volunteer in the Family” project.

**Agnieszka Laus-Rzepecka** – mother of two teenagers: Wiktor and Julia. She joined the “Volunteer in a Family” project in December 2010. She completed the preparatory training during which apart from the practical knowledge on the specific situation of a family with a young child, she learned about rules and basis of the volunteer work. Since December 2011 she has been supporting a family. She works as a consultant in the KKK Training Coaching Consulting company. She carries out individual trainings aiming at strengthening managing skills and creates training programmes adjusted to the needs of an organisation.

Room 139/140

13.10-14.40

Moderator: Justyna Podlewska

### *Child's disability as a risk factor of abuse - sociological and legal aspects*

Prof. Elżbieta Zakrzewska-Manterys

Justyna Podlewska

A young child disability is definitely a risk factor of abuse. In this case – it is often not the case of intentional abuse by the parent, but of the situation, when the lack of complex assistance - both regarding the early rehabilitation of the child and support to parents in the early years of the child's life - may trigger consequences which can be described as abusive. In Poland, situation of young children with disability still depends on how determined, strong and knowledgeable their parents are.

Lecture by professor Elżbieta Zakrzewska-Manterys will be focused on sociological aspects of the situation of children with disabilities, while Justyna Podlewska will shed some light on the issue from legal point of view.

### *Let's not waste early years in working with children with complex disability*

Katarzyna Groniek

Ewelina Niewiadomska

In 2010 the Complex of Schools for Children with Special Needs no. 109 established its first kindergarten group. It is conducted according to conductive education principles. From the very beginning support of child neurologist was a key element.

The presentation will describe an example of a good practice in cooperation between a family, a school and a health center. In early development of a child with disability it is very important for the parents to ensure that their child is provided with both: specialist care and psychological-pedagogical activities supporting child's development. Also parents themselves seek psychological assistance and instructions on how to rehabilitate their child. Experience show that it can be organized in one place, where all these conditions are met and every member of the family receives support tailored to their needs. Omitting one of the aforementioned elements may deprive the child of the chance for optimal development, which in consequence may lower the quality of life of its whole family and may lead to an unintentional abuse of the child.

## LECTURERS:

Elżbieta Zakrzewska-Manterys – *PhD in social sciences, a professor at Warsaw University, vice president of teaching at the Institute of Applied Social Sciences. Her research interests focus on the issues of social science methodology, sociological theories, sociology of disability. She is the author of numerous works on various aspects of disability, including: "Lista obecności. Rozmowy z ojcami osób z zespołem Downa" ("Attendance List. Conversations with fathers of the persons with Down syndrome"), "Upośledzeni umysłowo. Poza granicami człowieczeństwa" ("Mentally retarded. Outside the humanity"), "Niepełnosprawnosprawnopodobni. Role społeczne rodziców dzieci upośledzonych" ("Persons with disabilities-Persons with abilities. Social roles of the parents of disabled children").*

**Justyna Podlewska** – lawyer, a graduate of the Faculty of Law and Administration and the of Department of Journalism and Political Science, University of Warsaw. For ten years has provided legal assistance to the beneficiaries of the Nobody's Children Foundation. For four years has provided legal advice at the Information and Consultation Point for the district Ursynów. She specializes in the legal protection of children victims of crime, issues related to violence prevention, family law and personal data protection. Coordinator of the legal programme and of the "Guardian of a Child Victim of Crime" programme of the Nobody's Children Foundation. A consultant in the Nobody's Children Foundation programs: Good Parent - Good Start and Helpline.org.pl.

**Katarzyna Groniek** – MA in special pedagogy, oligophrenopedagogue, therapist In Elary intervention and early child development. She Works with children and youth with complex disability and difficulties in communication, of whom those using AAC. For 6 years she had been working for the Complex of Schools for Children with Special Needs no. 109, where she run the revalidation support team, was member of the Early Development Support Team, working as pedagogue with families with young children with complex disability. In 2010 she co-organized a kindergarten branch. Nowadays, she is the lead teacher in the kindergarten group run according to conductive education principles. In her everyday work she supports not only children, but also whole families. She cooperates with other specialists, coordinating the work of the teachers' team.

**Ewelina Niewiadomska** – MA in special pedagogy, appointed teacher. For 6 years she Has been working with children and youth with complex disability, with serious serious speech disorders and not speaking children. Nowadays, she is the lead teacher in the kindergarten group run according to conductive education principles. She conducts individual and group classes on Communications with the use of various communicators. She graduated from post-graduate studies "Pedagogical therapy" and "Early intervention. Helping the child and its family". She systematically enriches her skills and implements innovative solutions, she conducts open classes for students and teachers.

Room 141/142

13.10-14.40

Moderator: Daria Drab

### *Proceedings in case of suspecting abuse. Perspective of a physician working in the hospital admissions department*

Piotr Hartmann M.D.

Hospital admissions room is sometimes the place where first contact with an abused child occurs. The future of the patient may depend on the sensitivity and competence of the admission room employees. The effectiveness of aid is influenced by many factors that determine its form. The solutions existing in theory cannot always be applied in reality, when frequently it is necessary to go beyond the schemes so that the effect of the undertaken actions would bring real benefits.

The lecture will make a brief overview of possibilities of child protection against abuse by health care professionals working in the hospital. The main part of the presentation will provide descriptions of situations in which the system solutions were effective, as well as those where the intervention was ineffective.

### *System solutions to protect young children from abuse - opportunities and possibilities. A perspective of an employee of a paediatric outpatient clinic*

Marzena Romańska

System solutions to protect young children from abuse - case studies. The perspective of an employee of a clinic for children. Opportunities and possibilities. The presentation shows the legal regulations on the professions of a nurse and a midwife with particular emphasis on the tasks of health promotion and health education related to increasing the level of knowledge and skills related to prevention of violence addressed to parents. It emphasizes the importance of improving parenting skills through the implementation of health services by doctors, nurses and midwives, as well as by increasing the level of knowledge and skills regarding the use of the health care system and understanding of the principles of its functioning. It highlights as well the vital importance of increasing awareness about the social and environmental factors affecting the prevention of violence among children through various forms of health education with the help and support from NGOs, and cooperation of social welfare centres. The presentation includes case studies related to prevention of violence combined with the daily work of the clinic staff within the framework of realisation of the Good Parent – Good Start programme.

## LECTURERS:

**Piotr Hartmann** – *Physician in the Department of Paediatrics of the Bielanski Hospital in Warsaw since 2004 (Assistant in the Department of Paediatrics, Postgraduate Medical Education Centre). Member of the Board of the Warsaw Polish Pediatrics Society (since 2007). President of the Foundation for Development of Paediatrics (since 2008). Since the beginning of the work in the Department of Paediatrics he has focused on the problems in the area of so-called "social paediatrics". In 2008-2009 he participated in the Prevention of Domestic Violence training, and since then he has actively disseminated the knowledge about domestic violence and child abuse among physicians, realising training courses, giving lectures and publishing. Actively cooperates with other organizations dealing with child abuse and violence (including the Blue Line, Nobody's Children Foundation). Since 2011 he has been a member of the interdisciplinary team in the district of Bielany of the capital city of Warsaw.*

**Marzena Romańska** – *a nurse, a teacher, deputy director of nursing the North Praga-Warsaw Health Care Centers. Since 2008 the coordinator of the "Good Parent - Good Start" programme in the North Praga -Warsaw Health Care Centers. Training on Domestic Violence Prevention graduate, member of the SI Committee for the Prevention of Violence in the Praga North. Lecturer in the centres of postgraduate education for nurses and midwives. For years she has worked training nurses. Currently, working with the Warsaw Medical University in the scope of the training of nurses. Interested in the problems of people affected by violence and disability.*

Lecture Theatre A

15.00-16.30

Moderator: Danuta Zgliczyńska

### *Effects of psychological violence against young children*

Jolanta Zmarzlik

Parents say bad, offensive, hurtful words as if not thinking, without weighing their significance and reflection on their consequences. Sometimes they only release parental anger, sometimes carrying a false educational message aiming at consolidating information on its unacceptable behaviour in the child's mind.

The victims of emotional violence are children growing up in the families in which shouting, rough language, disrespect for another human being is a usual way of everyday functioning. The same experience is not unknown by the children in the families in which words are chosen carefully, the humiliation is a part of an educational method, and emotional coldness is seen as a virtue.

A child who hears that he/she is a bad person, slowly, invisibly becomes a bad person. A child who hears that he/she is worth nothing, starts to feel this way. Emotional abuse can ruin a child's psyche for life, can be a cause of a suicide, psychosomatic illness, addictions, difficulties in building relations with another person and achieving professional satisfaction. The speech will be focused on the mechanisms and consequences of psychological violence against young children.

### *Forms of support for the families using verbal violence*

Aneta Kwaśny

Bruises, scars on the body of a child are a shocking evidence of child abuse. It is important to remember that there are evidences which are no less painful, though invisible. Diverse forms of psychological abuse, including verbal aggression towards a child, sometimes leave marks the rest of a child's life in the sphere of emotions, thinking about themselves and skills of building durable relationships based on respect with other people.

The purpose of the presentation is to present a specific tool to work with parents about verbal abuse. There will be presented and discussed a script for a two-hour educational meeting *Words hurt, or how to avoid shouting, mocking and insulting a child ...?*, which is an attempt to increase parents' awareness on what is verbal violence, on its forms and possible consequences for a child. Also attempts to answer the question about the reasons for the use of such methods by the parents and show that there are alternative ways to respond to the child's behaviour and cope with their emotions. It attempts to answer the question on the motivations for using such methods by parents and to show alternative forms of reactions in the case of a child's behaviour and dealing with their own emotions.

### *Social campaign "Words hurt for life"*

Marta Skierkowska

The "Words hurt for life" action is a social campaign against verbal child abuse carried out in April and May 2012 by the Nobody's Children Foundation and the organizations affiliated to the National Partnership for Protection of Children from Violence. During the lecture there will be presented the campaign aims and objectives, and media messages.

## LECTURERS:

**Jolanta Zmarzlik** – master of social prevention and rehabilitation at the University of Warsaw, clinical director of Nobody's Children Foundation. She deals with the diagnosis and therapy for children, adolescents and adults, issues psycho-judicial diagnosis, conducts training on child abuse issues. PARPA Certified specialist in prevention of domestic violence. Lecturer at the University of Social Sciences and Humanities in Warsaw.

**Aneta Kwaśny** – psychologist. She graduated from the College of Family Therapy of the Association OPTA and completed one and a half year training in youth treatment group of the OPTA centre. She is a certified trainer for the conduct groups by TZA-ART "aggression replacement training". A certified trainer of the T.S.R. Thomas Gordon's method. She participated in the School for Coaches of the Association OPTA. Is in the process of obtaining the certification videotraining communication. Since 2008 she has been working in the Nobody's Children Foundation in the Good Parent - Good Start programme, with parents of young children, conducting psychotherapy, consultations, parenting counselling, support groups and educational workshops for parents as well as various types of training for professionals in the prevention of child abuse. Co-author of the scenario "Without smacking – how with love and respect set boundaries for your child" and "To Be a Mum."

**Marta Skierkowska** – psychologist, a graduate of the Faculty of Social Sciences at the Adam Mickiewicz University in Poznan. She also studied at the Catholic University of Leuven in Belgium. Since the university studies she has been working in the field of communications and marketing. In January 2008 she joined the Nobody's Children Foundation team, where she participated in the preparation and implementation of many social projects. In the Nobody's Children Foundation is responsible for the public relations.



## Supporting families with young children at the risk of violence – experiences of the Polish nongovernmental organisations

Room 139/140

15.00-16.30

Moderator: Gabriela Kühn

### *“Parenthood behind the bars” – supporting the imprisoned parents*

Paulina Bera

The presentation will focus on the University of Parenting Skills – the project realised with the parents of young children, who remain in prison. The activities carried out by a psychologist, educator and sociotherapist aim at changing attitudes towards the child and provide the basic knowledge about the development of a young child.

### *Challenges in cooperation with parents and other agencies in the prevention of abuse of young children*

Monika Ciechomska

The presentation will focus on the programme “Helping parents”, which is being realized in Żoliborz district, in Warsaw by Stowarzyszenie “Rezerwat Kultury”. It is a place where parents of young children can receive free-of-charge psychological and pedagogical support. Experience in cooperation with local institutions will be described, as well as achievements and barriers in cooperation with parents.

*The presented projects received funding under the program “Safe Childhood” Nobody’s Children Foundation supported by the Velux Foundation.*

## LECTURERS:

**Paulina Bera** – pedagogue, graduated at the Department of Education, Sociology and Health Sciences at the Zielona Góra University. Coordinator of the University of Parenting Skills project. Interested in the issues of social exclusion, anti-discrimination and integration abilities of different social groups.

**Monika Ciechomska** – psychologist, a psychotherapist in the certification process, a coach of psychological skills. Coordinator of the “Helping Parents” program, she conducts psychotherapies, consultations, workshops, parenting skills trainings, assessment of new-borns according to the NBAS scale, working with the “Family Center” Mother’s School of Joanna Wilk. Her therapeutic work is supervised by a supervisor certified by the Polish Association of Psychiatrists.

Room 141/142

15.00-16.30

Moderator: Karolina Mazurczak

### *Neurobiological basis for attachment*

Cezary Żechowski M.D.

Recent years have seen significant progress in understanding the dynamic interaction between the environment and the biological background of human development. Influence of the environment in the so-called, critical periods of brain development seems to be of significant importance for the formation of the susceptibility to stress, immunity, the model of attachment and character qualities. Mutual interaction between the two groups of biological and environmental factors creates a platform for new research on the aetiology of mental disorders, and they are also an important source of inspiration for the exploration of potentially modifiable risk factors and the creation of mental disorder prevention programs.

### *Skin to skin – the importance of the first contact*

Barbara Baranowska M.D.

May a few hours of life of the child and the mother be significant for their future? May the events at the delivery room have an impact on whether children will learn well in school and create satisfactory social relations in their adulthood, and on the fact that women will be more sensitive and will respond better to the needs of the child? The lecture will be devoted to the phenomenon of closeness and the attachment that develops during the first postpartum contact between a mother and an infant. It will focus on the most important moment in the life of a child from the perspective of physiological and neurobehavioral benefits and on this moment's impact on the emotional state of mothers in the postpartum period. It will show the beginnings of the love reinforced by the hormonal cocktail that gives the foundation for the future functioning mother-child dyad. The lecture also aims to highlight the impact of the medical staff on the quality of birth and health of future generations.

## LECTURERS:

*Cezary Żechowski – M.D., a child and youth psychiatrist, psychoanalytic psychotherapist, supervisor. In 1994-2010 worked at the Department of Child and Youth Psychiatry at the Institute of Psychiatry and Neurology, since 2005 - as a lecturer. The founder of the Institute for Research on Attachment and Social Relations "Clinic" (in 2011). He taught, among others, at the Warsaw University, Jagiellonian University, USSH, IPaN. Member of the Institute of Psychoanalysis and Psychotherapy in Warsaw, of the Polish Association of Psychotherapy, International Society of Psychoanalysis for Couples and Families, and of the International Neuro-psychoanalysis. Author of some 100 scientific papers and book chapters.*

*Barbara Baranowska – midwife, an embryologist. Academic lecturer and employee of the Foundation "Giving birth in a human way". In her work she focuses mainly on the issues of subjectivity of women giving birth and on the mother and child care in the light of the principles of evidence-based medicine. Her interest is focused also on the bioethical considerations regarding the mysteries of conception, and psychological aspects of reproductive failure.*

## CLOSING OF THE CONFERENCE

16.30-17.00, LECTURE THEATRE A, MODERATOR: MAGDALENA KOSICKA

### "Smack-free home" – educational campaign on the child upbringing without violence

Rushing into the street, the constant fighting with a sibling or throwing himself/herself on the floor in a supermarket -such behaviours can irritate a lot of parents. In response to the need for developing parenting skills, the Nobody's Children Foundation has prepared a mini-education campaign, "Smack-free Home".

A part of the campaign is the animated film "Instead of smacking" which presents how to deal safely with difficult behaviours of the young children. The film "Instead of Smacking" is an original idea developed by the Nobody's Children Foundation experts, under the "Good Parent - Good Start" programme. It is available free of charge, and you can watch it on [www.dobryrodzic.fdn.pl](http://www.dobryrodzic.fdn.pl).

The film was made as an action under the "Smack-free home for every child" implemented within the Daphne program. The author of the animation is the Yummy Factory agency.



Szanuję dziecko, żeby szanowało innych  
Nie biję, żeby nie biło innych  
Rozmawiam z dzieckiem, żeby  
umiało rozmawiać

UCZĘ SIĘ ŻYCIA  
OD CIEBIE

[www.dobryrodzic.fdn.pl](http://www.dobryrodzic.fdn.pl)

A black and white illustration of a hand gently holding a child's head. The child has a speech bubble above them containing the text "UCZĘ SIĘ ŻYCIA OD CIEBIE". The background shows a wall with a pattern of circles.

The program that has been implemented by the Nobody's Children Foundation since 2007, aims at prevention of young children abuse (age: 0–6 years), and at supporting children's parents/carers to help them take care and educate their children without violence.

The program is realised under the patronage of the Ministry of Health, the Ministry of Labour and Social Policy, Polish Paediatrics Association and Polish Family Medicine Association.

The experiences in work with parents, gathered by the Nobody's Children Foundation, show that parents often do not have knowledge on how to take care of a child, and they are not aware that some behaviours (e.g. shaking a baby) may have a negative influence on the child's development. The "Good Parent – Good Start" program aims at supporting parents in the first period after their child's birth – by delivering them information on how to handle a baby in order to assure the child an appropriate care and to make themselves feel secure with their new function. This type of knowledge is indispensable for the parents who were not taught positive patterns of parent – child relations in their family homes. It is also indispensable for the parents who live in poverty, struggle with addictions, are unemployed or need social assistance. This group of parents are not willing to take advantage of the commercial offer addressed to parents (paid pre-labour schools, educational trainings, magazines for parents). Moreover, research and experiences related to work with the mentioned group of parents show that children – especially young children – are particularly at risk of abuse. It is therefore necessary to develop systems and procedures allowing professionals working with parents of young children to identify risk factors of young child abuse. Such programs are successfully implemented in many EU countries, and in the USA and Australia.

Within the "Good Parent – Good Start" program, a Local System of Prevention of Young Child Abuse has been created, that will allow fast identification of the families at risk of young child abuse and will make it possible to offer them support and assistance. The system is based on cooperation between local welfare centre, health care centre and institutions acting for the benefit of the young children. Within the program, parents of young children (0–6) who register their child in a health clinic for the first time, receive a "Good Parent" Package – a set of educational materials. The families identified by health service employees, social assistance employees or by day nursery employees, as families at risk of child abuse, receive an offer of a free of charge participation in individual consultations and educational workshops.

"Good Parent – Good Start" program activities may be divided in two main categories:

- activities addressed to parents expecting a baby and to the parents of young children;
- activities addressed to professionals working with children of 0-6 years.

Activities addressed to parents:

- information campaign: educational publications for the parents of young children, website [www.dobryrodzic.fdn.pl](http://www.dobryrodzic.fdn.pl);
- direct activities: parental skills workshops, educational meetings, psychological/ pedagogical consultations, time for common playing of parents and children, "A volunteer in the family" project.

Activities addressed to professionals:

- Information – education activities: trainings, seminars, conferences.
- specialised publications on, among others, identification of risk factors of child abuse, working with parents of young children; scenarios of workshops with parents, a handbook on creation of a local system of preventing young child abuse, and website [www.dobryrodzic.fdn.pl](http://www.dobryrodzic.fdn.pl) where the latest scientific information and presentations of good practices in prevention of young child abuse are published;
- professional consultations – supervision session, phone and individual consultations.

The quarterly is a magazine published by the Nobody's Children Foundation. It is an interdisciplinary magazine. The aim of the journal is to expand knowledge of the professionals: psychologists, educators, doctors, lawyers, social politicians and others, on diverse aspects of the child abuse issues. The magazine includes publications of the latest and classic theoretical conceptions, empirical findings and information on innovative forms of diagnosis, therapy and prevention measures. The goal of the magazine is to create a forum for exchanging experiences related to prevention of child abuse and information on significant events: conferences, seminars, trainings and publications regarding the mentioned issues. “Child Abuse. Theory. Research. Practice” cooperates with international magazines dedicated to child abuse issues: “Child Abuse & Neglect” and “Child Maltreatment”.

### [www.fdn.pl](http://www.fdn.pl)

The Web portal [www.fdn.pl](http://www.fdn.pl) is a knowledge base gathering information on child abuse issues and on assistance provided to those children who have been victims of violence. It includes detailed information on all the programs and projects implemented by the Nobody's Children Foundation. Moreover, professionals specialising in assistance to children and their families (psychologists, pedagogues, teachers, lawyers) can find there information on trainings run by the foundation. Those interested in the issues related to young child abuse will find there texts, law regulations, research findings and educational materials necessary for their everyday work. In the section “Child on the Web”, parents and professionals concerned with children's safety on the Internet will find information on effective protection of children. Also new parents who struggle with problems related to raising their babies (aged 0–6) can find help in the section of the “Good Parent – Good Start” program. There are articles and booklets, as well as information on currently organised trainings on parenting skills, and on the available support offered in foundation's centres. Professionals supporting parents of young children will find useful materials and information on the trainings organised by the foundation. Families of children who have been victims or witnesses of crimes may obtain information on how to help a child during legal proceedings. The section dedicated to the program “Protecting Children in Legal Procedures” contains, among others, a list of Child Friendly Interview Rooms in Poland and materials for professionals helping children and their families during legal procedures. The website visitors: parents, professionals, children and witnesses of violence have an easy access to all the contents of the website.

### [www.dobryrodzic.fdn.pl](http://www.dobryrodzic.fdn.pl)

The website [www.dobryrodzic.fdn.pl](http://www.dobryrodzic.fdn.pl) is dedicated to the issues related to prevention of young child abuse (age 0–6 years). The website is addressed to the parents of young children and to the professional working with families of young children. The materials addressed to parents include, among others:

- information on current free-of-charge consultations, trainings and workshops related to parenting;
- advisory consultations on difficult situations faced by parents (e.g. baby crying, stress related to parenting), presented by experts from the Child and Family Centre;
- information on situations dangerous for child health resulting from lack of adequate care (Shaken Baby Syndrome, FAS, young child safety etc.);
- information on building a positive bond between parents and a child (e.g. on how to play with a baby, how to establish boundaries for a child);
- access to educational materials (brochures, leaflets).

The part addressed to professionals includes, among others:

- current information on trainings, conferences, publications related to prevention of young child abuse;
- description of a problem taking into account the aspect of interdisciplinary cooperation and work with parents;
- a broad selection of articles and materials related to prevention of child abuse and work with parents.

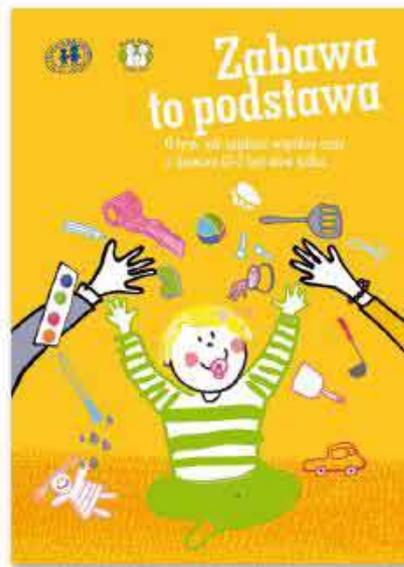
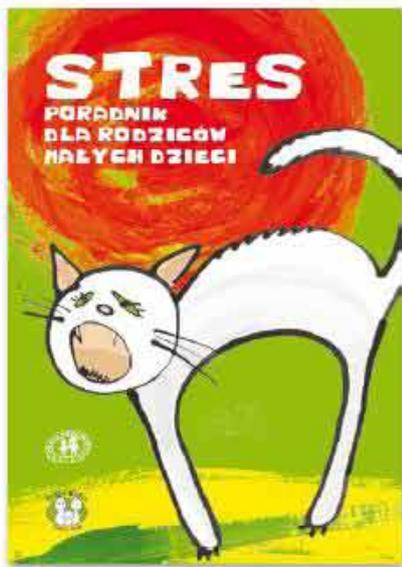
Parents and professionals have access to a contact list of institutions providing assistance to young children and their parents in all regions of Poland.

We invite to visit [www.dobryrodzic.fdn.pl](http://www.dobryrodzic.fdn.pl) and to subscribe our Newsletter.









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