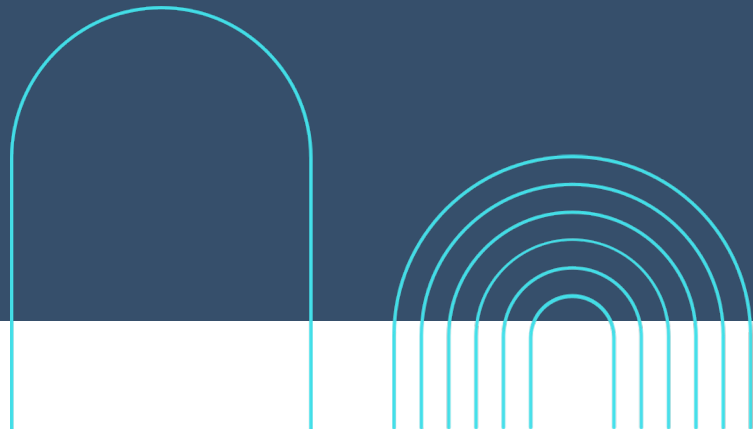




How Other People Do It: Unlocking Our Implicit Biases Regarding Parenting Practices To Deepen Relationships With Families

Amanda Holliday-Bembridge, Ph.D.
“Doc Holliday”



“Children Should Always Sleep In Their Own Bed.”

- Co-sleeping in bed
- Sidecar co-sleeping
- Individual crib
- Sleeping in car seats or strollers
- Sleeping outdoors





“Spanking Is An Effective Way To Discipline A Child.”

“Hitting Out Of Love Is Different Than Hitting Out Of Anger.”

- Laws vary by state and country
- Corporal punishment still allowed in some schools

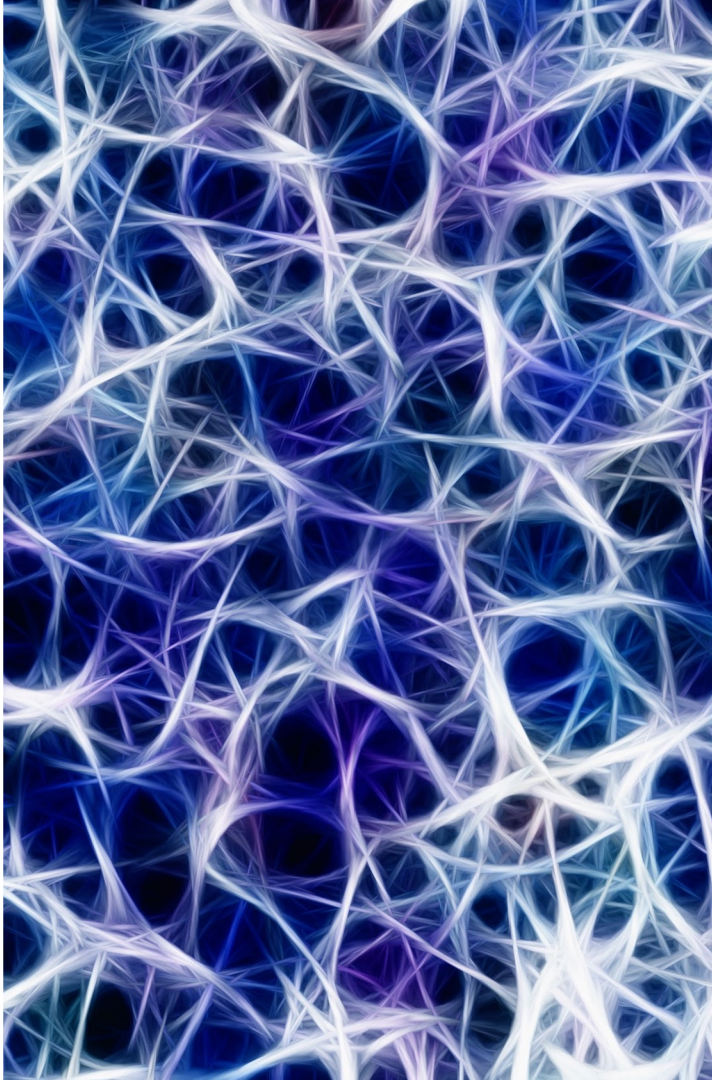
“Tummy Time Is Important.”

**“Toys Like Baby Einstein
Are Important For Brain
Development.”**

**“Children Under 2-years
Should Not Watch Screens
(iPad, Tv, Phone).”**

- Gahvora cradling
- Restrictive seating (car seats, strollers, walkers, Bumbo seats, etc.)
- Loose parts or open-ended toys
- Passive vs. Active screen time





**“Adults Who Nurture Themselves
Make Better Parents/Caregivers.”**

**“My Childhood Experiences
Affect The Way I Parent/
Educate.”**

- Self-Care, Regulation,
Co-Regulation
- Ghosts in the Nursery
- Angels in the Nursery

“A Good Child Sleeps Through The Night.”

- Evolutionary reasons for waking
- Developmentally appropriate expectations
- “Good”= complacent, quiet





**“Children Should Be Fed
On A Strict Schedule.”**

**“Mothers Should
Breastfeed Their Babies
In Order To Maximize
Their Development.”**

**“Children Should Only
Eat Organic Food.”**

**“The Sooner Children
Learn To Feed And
Dress Themselves
And Use The Toilet,
The Better Off They
Will Be As Adults.”**





**“Children Should Always Mind/
Obey Their
Parents/Caregivers.”**

**“‘Because I Said So’ Is The Only
Reason Adults Need To Give.”**

“A Baby Cannot Be Depressed.”

**“Music Is Important For Brain
Development/ Healthy
Development.”**

“Boys Need To Be Parented Differently Than Girls.”

“Children Should Be Bathed Once A Day.”

“To Understand Gender Roles, A Child Need A Mother/Father Figure.”



What now?

Building an awareness of our biases is a good first step.

Continuing to explore our biases is an ongoing process.





What to do?

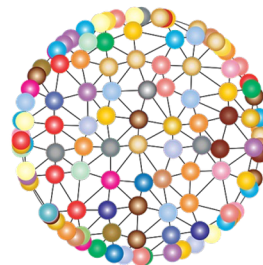
How do we reconcile differences between what we believe and what families believe to be true?

Where can we compromise as educators held to specific rules/regulations while also meeting the cultural expectations of the families?



Conversation Considerations

- Use open and inquisitive language
- Develop a safe space where families can speak openly and honestly
- Be conscious of phrases with judgmental undertones
- “Tell me more about what mealtimes look like for your family.”



Challenging Conversations

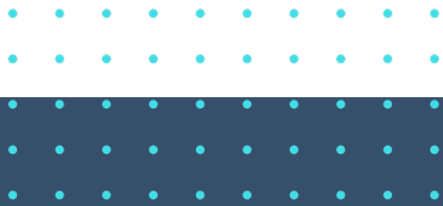


How do we interact with and explain the laws or regulations to families who recently moved to this area that may be in conflict with their cultural beliefs?



Reflections & Debrief

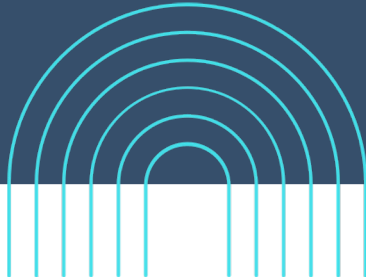




Thank You

Any questions?

Amanda@doctorteachermommy.com
www.Doctorteachermommy.com





More Information

Questions from the Intake came from the Adult-Adolescent Parenting Inventory (AAPI-2)

https://www.ctoec.org/wp-content/uploads/2019/04/AAPI2_Form_A_English1.pdf

More information on this tool can be found:

<https://www.assessingparenting.com/assessment/aapi>

More research reading about how this inventory has been used to determine predictive behaviors and “good enough” parenting as related to attachment:

https://www.sciencedaily.com/releases/2019/05/190508134511.htm?utm_sq=g6bkgrici2&utm_source=Facebook&utm_medium=social&utm_campaign=AlliancefortheAdvancementofInfantMentalHealth&utm_content=Articles&fbclid=IwAR05D9hBBVWqA-jG-OgGDgzltMVRfyTGnth1RbVltwH9ArQJFBegX2KGctc

This product was developed [in part] under grant number 1H79SM082070-01 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The views, policies and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.