

Growing joy in early life: Acceptance and Commitment Therapy (ACT) for parents with babies



Content and useful links

PART 1

Why ACT when we are caring for a baby?

The human brain is a problem-solving machine, and it gets even busier when we've had a baby!

The happiness trap: evolution of the human mind (Dr Russ Harris)

<https://www.youtube.com/watch?v=kv6HkipQcfA>

Introducing fusion – evolution of the human mind (Dr Russ Harris)

<https://www.youtube.com/watch?v=WD6rjpeK0PQ>

Thanking your mind (Dr Russ Harris)

<https://www.youtube.com/watch?v=206WtwEyqzg>

Everything worthwhile in a human life brings both joy and pain

PART 2

What practical problems need to be addressed first up?

Find effective, evidence-based support for breastfeeding problems, bottle-feeding problems, and unsettled baby behaviour

The Possums Sleep Film

<https://education.possumsonline.com/sleep-film>

Gestalt Breastfeeding Self-help Online

<https://education.possumsonline.com/programs/gestalt-breastfeeding-online-program>

Online Consultations, Possums Education and Research Centre (+61 7 3177 200 or info@paedsinapod.com.au)

<https://possumsonline.com/education-and-research-centre>

Keep the parenting team as strong as possible

Think about how best to care for your own needs in the midst of it all

Babies need us to respond as best we can to their crying in an effort to dial them down

Find groups of like-minded parents

PIPPS Parents

<https://possumsonline.com/pipps>

PART 3

Getting your bearings: your values are your compass when life with baby is tough

PART 4

Are you ready to turn off the struggle switch?

The struggle switch (Dr Russ Harris)

<https://www.youtube.com/watch?v=rCp1l16GCXI>

Internal struggles (Dr Russ Harris)

https://www.youtube.com/watch?v=dz_nexLqY_8 **PART 5**

Noticing and naming what's happening in our mind and body, then trying out some strategies

Thanking your mind: taking the power out of difficult thoughts (Dr Russ Harris)

<https://www.youtube.com/watch?v=206WtwEyqzg>

Sushi train metaphor (Dr Russ Harris)

<https://www.youtube.com/watch?v=tzUoXJVI0wo>

Struggling with internal hijackers? (Mindifriend)

<https://www.youtube.com/watch?v=NdaCEO4WtDU>

Dropping an anchor into the present moment

The happiness trap: the five mindfulness myths (Dr Russ Harris)

https://www.youtube.com/watch?v=E_gXW9bo3uQ

Making room for unpleasant or painful feelings

PART 6

Doing what matters to you (even when you don't feel like it)

PART 7

Hand over heart: the power of self-compassion