

**Infant Mental Health Journal  
Supplement to Volume 35, Issue 3 (May-June)**

**Program Abstracts**

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**World Association for Infant Mental Health  
14<sup>th</sup> World Congress  
June 14 – June 18  
Edinburgh, Scotland**

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with high percentage of binge drinkers and classes with a low percentage of binge drinkers, in order to analyze eventually different emerging issues.

**Results** This study has investigated what adolescents think about alcohol consumption, it has identified beliefs and underlying motivations of their alcoholic habits and how their point of view has changed or not over the four FGs' sessions.

**Conclusions** A qualitative analysis of prevention schemes, like the present one, especially if associated to a quantitative one, can give us a sufficiently in-depth understanding of how and why they may be effective, can emphasize the knowledge about adolescent's alcohol abuse and help us to establish the baseline hypotheses for research.

## P1-22

### ALCOHOL USE AND ATTITUDES THOUGHT PREGNANCY AND MOTHERHOOD DURING PREGNANCY IN A GROUP OF PORTUGUESE WOMEN

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**Introduction** Alcohol during pregnancy is a significant health problem with negative prenatal, neonatal and later outcomes. In spite of increase consumption of Portuguese women, data about alcohol during pregnancy is scarce. The objective is to describe patterns of alcohol consumption and related attitudes through pregnancy in group of Portuguese pregnant women.

**Method** The study group includes 222 women seeking prenatal care (childbirth preparation courses) in public health services in the north of Portugal. After a presentation of the aims of the study, and followed a written informed consent, pregnant women fulfil the Alcohol Use Disorders Identification Test - AUDIT (Babor, 2001) and the Pregnancy and Maternal Attitudes Scale - PMAS (Xavier, Paul & Sousa, 2001).

**Results** Data concerning descriptive analysis of the group will be present. We found that more than 20% of the pregnant women continue to drink during pregnancy. Among this group who reported consumption, a majority (82.6%) reported a consumption frequency of once/month or less and 17.4% reported use two or four times/month. No one reported a superior amount. Results also indicated that consumptions are related to differences on some dimensions of the psychological experience of pregnancy (PMAS: The Imagined Child and Body Image and Dependency subscales).

**Conclusions** Despite WHO, European and Portuguese governmental concerns and recommendations, more than 20% of pregnant women continue to drink. If women were not pregnant, this data corresponds to level risk 1- abstinent and low risk drinkers, but during pregnancy must be viewed with concern and indicate a continued need for research.

## P1-23

### USING CONSCIOUS DISCIPLINE TO BUILD RELATIONSHIPS AND STRENGTHENING FAMILIES

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**Introduction** Conscious Discipline is a social emotional program that helps us to respond to life events instead of react to them, which can build relationships stronger and can strengthen the family. I will give you the tools you can use today to support families while they become stronger using Conscious Discipline.

**Method** I use real life events to share methods and tools that you can use in your own life and share with families you work with. I will also use brain research and current studies that show the importance of the relationship between parents, children, and the professionals who facilitate the process of growing stronger together. I will provide handouts along with hands on practice of the skills and tools of Conscious Discipline.

**Results** Participants in this workshop will leave knowing easy to teach steps in re-gaining composure and also understanding what composure feels like. I will also teach participants how to recognize three different brain states in themselves and those they work with personally and professionally. This will be followed by what they can do when they or a family member slides into a lower brain state. Participants will learn the 7 skills of Conscious Discipline, how to use them and how to share them with families so they can use the life skills that will build their relationship and strengthen their family.

**Conclusions** At the conclusion of this workshop I will give participants tools they can access on their own as they begin their Conscious Discipline journey. This will include all of my information, websites, power points, handouts, and family friendly brochures that they can share with anyone who will benefit from it.

## P1-23

### PREMATURITY: DEVELOPMENTAL TRAJECTORIES AND THE INTERPLAY OF BIOLOGICAL AND ENVIRONMENTAL FACTORS

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