

B.A.S.E.® - Babywatching

A prevention program in preschool and school to counter aggression and anxiety and to promote empathy and sensitivity

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Contents of B.A.S.E.® - Babywatching

A mother/father and her/his several-week-old baby visit a preschool or school group once a week for an entire year. Sitting in a circle, the children watch how the baby and the parent interact and develop the relationship between them as the baby grows from week to week until s/he is able to walk. With a B.A.S.E.® - group leader serving as a facilitator, they learn through their weekly observations to empathise better with the mother/father and baby and their interactions.

Training as a B.A.S.E.® - Group Leader

In a one-day seminar, the participants are trained to conduct babywatching groups. Both the contents and how to carry out such observations, are presented and practiced with the help of videotaped demonstrations and a live demonstration with a mother/father and her/his baby. The second part of the training involves group leaders learning through a mentor, who supervises them in the process of working with a group of children for a year.



Historical Background

In 1940, Henri Parens and his mother fled from Belgium to France to escape the Nazis, ending up in southern France at the Rivesaltes internment camp. At the age of 12 he fled to the United States. His escape meant permanent separation from his mother. In 1942, she was deported from France to Auschwitz with the last transport, where she was murdered. As a result of this experience, Parens decided to become a child analyst and worked against racism, war and hatred.

In the early 1980s, he began to conduct studies aimed at preventing early aggressive behavioral disorders in Philadelphia.



Based on this experience, Munich attachment researcher Dr. Karl Heinz Brisch of the Pediatric Clinic and Polyclinic at the Dr. von Hauner Children's Hospital, Munich, developed the prevention program **B.A.S.E.® (Babywatching)** in preschool and school to prevent **Aggression** and **Anxiety**, and to promote **Sensitivity** and **Empathy**.



Supervision

B.A.S.E.® group leaders who have already had experience leading B.A.S.E.® groups have the possibility of training as a B.A.S.E.® mentor. B.A.S.E.® mentors supervise other B.A.S.E.® group leaders, answer questions that may arise for the group leaders during the course of the Babywatching session, make on-site visits as needed, give feedbacks and help clarify issues.

B.A.S.E.® mentors are an important contact person for the mother/father and her/his baby. Mentoring supports and ensures the quality of the intervention and the effects for the children.

B.A.S.E.® goes national and international



Since the beginning in 2004 B.A.S.E.® has become established all over Germany, and internationally. There are now groups running in **Germany, Austria, the Netherlands, England, New Zealand and Israel**.

Research has shown that ...

... children becoming **more empathic** and **social, less anxious** and **aggressive** in their interactions.

... fear-induced behavioral disorders and aggression are decreased as a result.

Experience has shown that...

... the capacity of children to empathise has increased.

... they transfer the capacity to empathise to everyday situations.

... children's capacity for calm, concentration and readiness to request and accept help from adults all increase.

... this development creates a more peaceful atmosphere for all participants.

... they develop a realistic view of the demands and joys of parenting.

... the programme is accessible, inclusive and effective with a wide range of children, with positive effects both at the institution and at home.

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