MITIGATING THE STRESS RESPONSE IN CHILDREN AFFECTED BY PAE FROM A BIO-PSYCHO-SOCIAL FRAMEWORK

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Presenter Disclosure

• Ms Bethany Zealant
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• Both declare no relationship with commercial interests
• Both acknowledge the nature of bias in scholarship
TAMING THE TORNADO

9/1000

9/1000 live births in North America are affected by prenatal alcohol exposure (PAE), the leading preventable cause of birth defects.

$5.38

PAE costs Canadians $5.3 billion annually, an estimated $1.4 942 per individual for support, even more if the child enters the welfare system.

PROTECTIVE FACTORS

Early diagnosis, before age 6

Attunement with the caregiver

Raised by the biological family

Positive parenting techniques, including believing the child is capable of success

Stable and supportive home

Less caregiver stress

RISK FACTORS

Early life stress (ELS) and PAE are associated with low birth weight, learning disabilities, hyperactivity.

Risk factors include maternal nutrition, socioeconomic status, ethnic origin, drug use, caregiver stress, punishment-based parenting.

EFFECTS OF PAE

PAE has been found to create deficits in learning, memory, executive function, decision making, planning, intelligence, language and behaviour. These challenges also increase caregiver stress, which has been found to lead to poorer cognitive functioning in children. Punishment in parenting was shown to be associated with more behaviour problems.

INTERVENTIONS

Exercising is a protective factor against impacts of stress

Nutritional supplements can relieve PAE deficiencies

Medication allows for regulatory functioning by lowering stress

Sleep reintegration, stress reduction and

Social support can reduce caregiver stress and

Parenting skills should predict and prevent