

Basic Instincts: Protect, Provide, Recognize for Connection

The Power of Instincts

Connection: our **pre-eminent** human need

- Protect
- Provide
- Recognize

Instincts and Emotion for Connection

Five (Plus One) Senses

Sight

Hearing

Tactile

Smell

Taste

Plus + Motion

Comfort comes to
infants through all
their senses
but motion seems
to be especially
important

At birth, infants quickly
recognize

- the care-giver's face
- the smell of mom's milk
- their mother's voice—
lights up the language
centre (learning)
instead of the voice
identification

The work of the five senses in the first months of life:

digestion

heart rate

breathing

body temperature

muscle tension

growth hormone

immune system (now linked by trauma researchers)

Creating a place of contentment

and a central calm

from which the brain starts to

work on the next stage

of growing in reason and thinking.

A mother
continuously
adjusts her
infant's
physiology.

Mary Ainsworth, following up on Bowlby's attachment research: time was did not have the greatest impact on attachment (relationship) response to "bids" made by the child was more important: called "attunement" or **SERVE AND RETURN**

Serve and Return

A care-giver responds to the infant's initiation of contact.

This impacts the relationship and the infant's well-being.

**THE SCIENCE OF HUMAN
RELATIONSHIPS IS MORE THAN
JUST BABY BONDING, IT
EMBODIES THE FUSION OF
INSTINCT AND EMOTION WHICH
DRIVES US TO SEEK CONTACT
AND CLOSENESS WITH OTHERS.**

Dr. Deborah MacNamara

Instincts: to Protect, Provide and Recognize

Some cultures would view these as our “rights,” while other cultures view them as our obligation to community.

Newborns: they act as rights, needed to stay alive

Maturity: they must act as obligations—to the community

Looking for the good of
the community as a
whole, not making
decisions in my own
best interest.

This divides immaturity
from maturity.

When a baby is born, their survival instincts drive them to get what they need. Parental instincts “match” those of their babies, and together parent and infant start to shape the brain of the growing child.

It is the interaction
that matters—the
cry and answer,
the call and the
coming reply.

Babies abandoned in a hospital:
nurses: change them, cover them
for warmth, give them food
support volunteer: hold them, talk
and sing and stroke their skin
best option: support the parents
to have the child at home
orphanage: paid someone to take
the place of a parent and
provide 24-7 care for a child, like
a replacement parent

**“WE ARE GENETICALLY PROGRAMMED
(INSTINCTUALLY) TO RESPOND TO
INFANTS IN POSITIVE WAYS.”**

DEE DEE YATES

**Both parent and child find connection
fulfilling to the primary instinct to survive.**

Five Senses Provide Initial Bridge for Connection

“Regulation” on demand:

provision

comfort

protection

acknowledgement: invited to exist

Together the five (six) senses meet the needs of the baby, both physical and emotional.

Children interviewed after WW2 said they felt closer with their parents in a bomb raid shelter than with in a country home with a stranger—though the bombing was far from them.

A newborn's BRAIN is using 97% of the energy taken in (nutrition) for its development, as opposed to a 4 year old's brain, which uses 44% of the energy taken in.

Your own early life has given you the foundation and groundwork for how your brain is working for you now. It is never too late to work on repairing the connections in your own brain that bring you to a state of emotional calm and safety. If you know you need to rework these foundations, you are doing the work by learning about this to make a journey to better foundations.

**ALTHOUGH IT IS
SMALL,
IT IS PRECIOUS.**

Maori Saying about Childhood

Connection: our pre-eminent human need

- Protect
- Provide
- Recognize
- 5 senses
- consistent connection
- creating calm

For a healthy, thriving human

Instincts and Emotion for Connection

RESOURCES

A General Theory of Love by Lewis, Amini, Lannon

TED talk: <https://m.youtube.com/watch?v=XCscN4zuvd4>

TED talk: <https://m.youtube.com/watch?v=K1sIVo3BNtM>

Dr. Gordon Neufeld, NeufeldInstitute.com

Dr. Deborah MacNamara, Website, <http://macnamara.ca/portfolio/five-things-that-you-might-not-know-about-attachment-between-parents-and-kids/>
