

Topic Summary: LOVE Topic 3 (p. 203) - Love Needs a Safe Base

Recommended Implementation Schedule for NFP		
Pregnancy between 7-9 months	Infancy age 6 weeks visits # 6	Toddler 20 months visit # 18

Introductory statement: These PIPE topic summaries were developed to support Public Health Nurses (PHNs) facilitate PIPE for clients within a home visiting program context. They are intended to be utilized by PHNs who already have completed PIPE education (either the in-person, 2-day Introduction to PIPE training or the 35-hour, PIPE Comprehensive E-Training).



Conceptual Overview:

- 1. Trust is the foundation for love.** Trust is knowing that others will do what they say, even if it is hard for them. It means you can depend on them to keep their word. You can rely on them to “be there.” It is a good feeling. Trust is a feeling of safety. This is why we call trust the foundation of a relationship. Most relationships don’t survive without trust. You will never feel safe sharing your feelings with someone you cannot trust. Trust is the base of safety from which relationships grow.
- 2. Trust can also mean feeling supported.** You can share your deepest feelings with those you trust, and they will listen and understand your sorrows, your angers, and your wildest dreams. With those you trust, your secrets will be safe. Sharing trust nurtures love.
- 3. In a loving relationship, you must give trust back.** This isn’t always easy. It means giving up some of your personal time to someone else. It means keeping confidences, respecting someone else’s private thoughts and feelings. It means being responsible to another person: being there when they are in need. Trust is sometimes called integrity.
- 4. A baby learns trust by receiving care from a consistently available person.** That means, the same person is always there to fill the baby’s needs, to comfort the baby’s sorrow, and to provide safety. When you answer your baby’s cry, you are saying, “I’m there for you. You can trust me.” When this happens over and over, a cycle of trust develops.
- 5. Trust allows relationships to grow.** It is the basis for understanding human communication. When a baby signals a feeling of distress and a parent responds, a pattern of expectation is set. The baby learns that parents will know what is right, what is safe, what is comforting. A baby begins life with trust. As a parent, you are your baby’s first layer of love.



Step 1: Presentation of concepts – use Inquiry Questions OR suggested activity below to engage client in conversation on “Trust is the belief that you can count on someone”. See p. 206 for *materials & supplies*.

- **Inquiry Questions** (PH #109 and p.203)-*can do virtually:*
 - How do you define trust?
 - What do you do to let people know that you are trustworthy?
 - Why is trust the foundation for building a love relationship?
 - How do babies learn trust?
 - Why do you need to answer a baby’s first cries quickly?

Core PIPE Curriculum Concepts: *Shared Positive Emotions, Regulation, Temperament, Autonomy, Communication Skills, Emotional Refueling, Trust, Interdependence*

- Why do you need to wait until a baby cries or shows distress?



- **Suggested activity:**

- Build a “trust flower” or “chain of trust” (paper chain): Give parent 6-8 “petals” and a circle, or strips of paper. Write *trust* on circle, or first link. On “petals” or links, write ideas for what people have done to enable parents to trust them, and what parents do to return that trust. Discuss how it feels to trust someone, what happens when a person violates trust, and why broken trust is hard to forget. You can remove petals/break links to illustrate this.



Key Concepts to explore and PIPE Parent Handouts to support discussion - *Pick 1 or 2 activities* to do with parent to facilitate discussion/provide information (*can do virtually*). See pp. 209-210 for more information about activities.

- Trust is the foundation for love (Conceptual Overview #1, #5), a feeling of safety, support, and nurturance. If the same person shares these feelings, they become special. Explain how establishing trust is like planting a seed for love to grow, it is the beginning of baby’s love. Discuss “Basic Needs of My Baby and Me” (PH #110), use “Maslow’s Hierarchy of Basic Needs” to prepare (pp. 213-214). Complete “Trust is the Foundation for Love” (PH #111).
- Trust is developed when a baby’s needs are met by the same person again and again (Conceptual Overview #4). Generate examples for “What Babies Need from Caregivers” (PH #112). What are baby’s needs and how do they let us know? Use “Emotions That Communicate” (PH #113 and p.216) to discuss verbal and nonverbal ways babies signal a need (appendix pp. 9-12). Discuss how intensity of emotion may vary between babies, what small talk signals their baby uses, and how answering cues early avoids problems.
- The trust cycle is the pattern by which trust is developed (Conceptual Overview #4, #5). Using “The Trust Cycle” (PH #114 and pp. 217-218), focus on timing to meet baby’s needs, consistency, contingency (*first* baby experiences need, *then* parent meets it), and why only 2 or 3 people should care for baby’s needs. Relating to parent’s own experience, discuss “spoiling” (responding too often to a nonexistent need), why responding quickly is not “spoiling”, and how letting a baby struggle too long can damage trust.



Step 2: Demonstration

Demonstrate how to use the trust cycle appropriately when playing with a baby, letting baby signal a need (e.g., “Do it again”, “Stop it, I’m tired”). Meet the need. Use *PIPE Activity Cards* to illustrate trust is the foundation of love. See cards for additional *materials and supplies* needed.



Step 3: Supervised Parent-Child Interaction

Parent uses the trust cycle as a guide for responding to baby’s signals during play. The goal is for the parent to experience their baby’s pleasure when the parent has met their baby’s needs.



Step 4: Evaluation

During the trust cycle interactive experience:

- What needs/signals were expressed by the baby and how did the parent adapt/change their interaction to meet their baby's need?
- What happened if they responded too quickly or too slowly?
- How did they know when they had satisfied the need?
- Did they feel their baby's sense of trust was enhanced by this activity? Why or why not?

Resources to support implementation

Parent Handouts



Outcomes:

- Parents will recognize that trust is the foundation of a love relationship.
- Parents will comprehend that trust is dependent on a consistently available caregiver who meets the baby's or toddler's needs.
- Parents can explain and use the trust cycle as a process for helping babies learn trust.