Parenthood and Mental Health: A Bridge Between Infant and Adult Psychiatry

A guide on normal and abnormal parenting in the first year of life.

Across all cultures parenting is the foundation of family life. It is the domain where adult mental health meets infant development. Beginning in pregnancy, parenting involves many conscious and unconscious processes which have recently been shown to affect a child’s development significantly. This book focuses on pregnancy and the first year of life, providing a thorough account of the points of encounter between adult and infant psychiatry.

In a fresh and comprehensive way, it summarises knowledge about early parenting, including a critical analysis of parenting, what it means to be a "good enough parent", and its relationship to infant, parent and family outcomes. In addition to the psychiatric dimension, the book emphasises the biological aspects of parenting, parental psychopathology and normal and abnormal infant development.

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