

## **Navigating with the Baby through the Centuries and through the Dreams**

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If there was a Nobel Prize concerning the Baby structured through Philosophy and clinical semiology this prize should be attributed unequivocally to Berry Brazelton.

The history of almost a half century of clinical work with the NBAS, and more recently with the NBO is, in a way, the history of the discovery of the baby. It is, above all, the way of changing from a pathological model to a relational model, leading to the discovery of the individual, in this case the baby.

It was thanks to the mystery of the so called “ discovery “, due to the NBAS, that, in our opinion, Berry Brazelton came to the concept of touchpoints in the human life cycle, namely in the newborn.

By discovering the baby, we learn to discover another being, which is also a part of us. Maybe for this reason, by discovering the baby who is dear to us, therefore, special, we, reborn as persons.

The sense of belonging and the quest for coherence are forces that shape a baby's destiny in the light of the changes in the family life.

We assume the discovery of the baby as the Second Touchpoint of life, according to the paradigm created by Brazelton, ( the prenatal being the first Touchpoint).

The NBAS and the NBO, in fact, enable us to effectively discover the baby, as an individual, because he reacts in a personalized way to parental challenges in order to discover who is who.

The discovery of the baby represents, essentially, traveling through differences, identifying, from the first hours of life, the temperament, its strengths, its weaknesses, the emotions, the

competences of that little being who commands everything, who influences everybody, who transforms dream into passion.

Today's Neuroscience explains the « voyage » from emotions to self-concept.

With the NBAS and the NBO we may discover the manner in which the baby interacts in the four dimensions of his neuro-behavioral functioning.

The first task of the baby to regulate his systems includes, in the first place, autonomous regulation, immediately followed by organization of the motor system, followed by affective regulation and, finally by interactive competences.

In 2013, Berry Brazelton published his most recent Book – « Learning to Listen » - which is, in fact, an actualized reproduction of what he wrote and thought through his life.

« Learning to Listen » is a lesson of life influencing five generations.

Learning to listen represents what is new in discovering the baby, enhanced by an admirable clinical spirit that may be summarized as being available to learn.

It became clear to Berry Brazelton that sharing with parents each step of the discovery of the baby had a very deep meaning, in terms of parental strengths, helping them to assume their new role as parents based on the evidence, which I usually represent as  $1+1=3$ .

To be healthy is not enough for us. Helping roots for happiness is our challenge!

In short, « listening and reading » in order to learn Berry Brazelton's lesson of life, inspires our intervention as unique as global.

The NBAS and the NBO are the strategies to strengthen the « becoming a family » process, built with the passion that encompasses this so meaningful touchpoint of life.

In order to achieve this coherence, we have in mind the cycle of moral sense from tenderness to dignity. This is Berry's gift for all of us.

Along with Vasco da Gama, Colombus, Cabral and Martin Luther King Jr, among others, Berry Brazelton also had a dream which probably was inherited from the Adventurers Portuguese Navigators in the 15<sup>th</sup> century.

In short, for those who interpret hope as a dream, I will recall Fernando Pessoa, one of our great poets, who liked to sing about our sea – " Perhaps I will take to the other world that wish I have dreamed about, but will i be able to take to that world that wich I forgot to dream?"

Ps. I dedicated to Berry my last book " Pensar a Criança Sentir o Bebê".  
With the following words:"To Berry, my Young father, my Older Brother, my Mentor, my Master, my Prophet, my Friend".

Thank you for You.