

# FROM INNER TO DYADIC CONNECTION: THE EFFECT OF MINDFULNESS INTERVENTION ON MOTHER-INFANT BIO-BEHAVIOURAL SYNCHRONY

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**Mindfulness** is “*the awareness that emerges through paying attention on purpose, in the present moment, and non-judgmentally to the unfolding of experience moment by moment*” and it is supposed to affect individual emotion regulation and to promote interpersonal functioning

If maternal mindfulness promotes mothers' connection with own emotional experience, will it also promote **mothers' connection with the emotional experience of the infant**, thus bio-behavioral synchrony?

We explored this issue on a sample of 60 mother-infant dyads observed from 3 to 9 months of infant life during free-play interaction. 30 mothers participated to an intervention aimed to promote maternal mindfulness

Main findings:

Dyads with high mindfulness mothers:

- At 3 months dyads better physiological synchrony
- At 6 months higher mother alpha asymmetry
- At 6 months higher infant alpha asymmetry
- At 9 months better behavioural synchrony

The intervention demonstrated an increase in maternal mindfulness and an increase in mother-infant behavioural synchrony

