

## **HANDOUTS FOR MODULE 4:**

### **ATTACHMENT AND JOINING WITH THE ADOPTIVE FAMILY**

#### **PARENT SESSION 1**

HANDOUT 38: CIRCLE OF SECURITY

HANDOUT 39: ATTACHMENT STYLES

#### **CHILD SESSION 1**

HANDOUT 40: FAMILY FIGURES FOR CHILD'S WEB OF CONNECTIONS

#### **PARENT SESSION 2**

HANDOUT 41: WAYS TO ENCOURAGE ATTACHMENT

#### **CHILD SESSION 2**

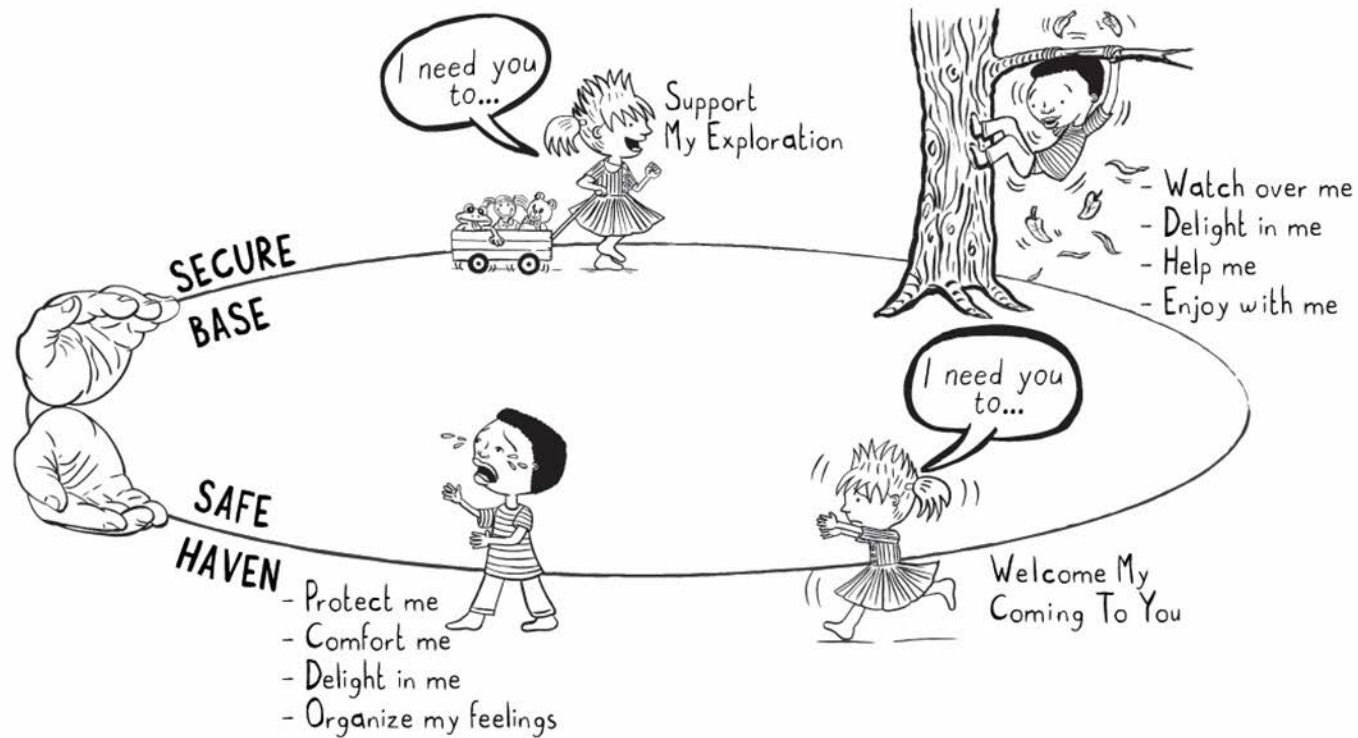
HANDOUT 42: FAMILY ACTIVITIES CARDS

#### **JOINT SESSION**

HANDOUT 43: WHAT I LIKE ABOUT OUR FAMILY/WHAT I WOULD LIKE TO CHANGE ABOUT OUR FAMILY

# Circle of Security<sup>®</sup>

Parent Attending To The Child's Needs



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## ATTACHMENT STYLES

### **Secure attachment pattern:**

- Experience caregiver as available and consistently responsive
- Feel positively about themselves and feel worthy of affection
- View others as supportive, caring and dependable
- Easily establish emotional closeness and intimacy
- Are comfortable depending on others and having others depend on them
- Generally have happy relationships and are socially competent

### **Preoccupied (Anxious/Ambivalent) pattern:**

- Experience caregiver as inconsistently responsive
- Dependent on others with fears of rejection/abandonment
- Seek extreme closeness with caregiver/partner and are anxious re: separation
- Often doubt their worth and lovability
- Show crying, clinging, whining, needy behaviors
- Often have tumultuous intense relationships

### **Avoidant pattern:**

- Experience caregiver as consistently unresponsive and rejecting
- Child's distress elicits annoyance and rejection
- Compulsively self-reliant and independent
- Do not want to depend on others or have others depend on them
- Difficult to trust others
- Have difficulty with commitment in relationships
- May not want relationships (dismissing) or want relationships but are afraid of them (fearful)

### **Disorganized pattern:**

- Found with very disturbed/abusive caregiving relationships
- Experience caregivers as frightening, frightened or intrusive
- Feel helpless, angry and unlovable
- Attachment behavior becomes incoherent and disorganized
- Show mixture of avoidance, angry approach, disorientation and freezing

**FAMILY FIGURES FOR CHILD'S WEB OF CONNECTIONS**





## WAYS TO ENCOURAGE ATTACHMENT

### RESPONDING TO THE AROUSAL/RELAXATION CYCLE

- Using the child's tantrums to encourage attachment.
- Responding to the child when he is physically ill.
- Accompanying the child to doctor and dentist appointments.
- Helping the child express and cope with feelings of anger and frustration.
- Sharing the child's extreme excitement over his achievements.
- Helping the child cope with feelings about moving.
- Helping the child cope with ambivalent feelings about the birth family.
- Responding to a child who is hurt or injured.
- Educating the child about sexual issues.

### INITIATING POSITIVE INTERACTIONS

- Making affectionate overtures: hugs, kisses, physical closeness.
- Reading to the child.
- Playing games.
- Going shopping together for clothes/toys for child.
- Going on special outings: circus, plays, sports events, etc.
- Supporting the child's outside activities by providing transportation or being a group leader.
- Helping the child with homework when he or she needs it.
- Teaching the child to cook or bake.
- Saying "I love you."
- Teaching the child about extended family members through pictures and talk.
- Helping the child meet/understand the family "jokes" or sayings.
- Teaching the child to participate in family activities such as bowling, camping, or skiing.

### CLAIMING BEHAVIORS

- Encouraging the child to practice calling parents "mom" and "dad."
- Adding a middle name to incorporate a name of family significance.
- Hanging pictures of child on the wall.
- Involving the child in family reunions and similar activities.
- Involving the child in grandparent visits.
- Including the child in family rituals.
- Holding religious ceremonies or other ceremonies that incorporate the child into the family.
- Buying new clothes for the child as a way of becoming acquainted with child's size; color preferences; style preferences, etc.
- Making statements such as "In our family we do it this way" in supportive fashion.
- Sending out announcements of adoption.

From *A Child's Journey Through Placement* (p. 62), by V. I. Fahlberg, 1991, Indianapolis, IN: Perspectives Press. Copyright 1991 by Vera Fahlberg. Adapted with permission.

**FAMILY ACTIVITIES CARDS**

|                           |                              |
|---------------------------|------------------------------|
| <b>COOK A MEAL</b>        | <b>BAKE COOKIES</b>          |
| <b>EAT MEALS TOGETHER</b> | <b>WATCH MOVIES TOGETHER</b> |
| <b>WALK IN THE PARK</b>   | <b>WASH THE CAR</b>          |
| <b>FOLD LAUNDRY</b>       | <b>WASH THE DOG</b>          |
| <b>WALK THE DOG</b>       | <b>SHOP FOR GROCERIES</b>    |
| <b>READ A BOOK</b>        | <b>VISIT FAMILY</b>          |
| <b>SING SONGS</b>         | <b>PLAY GAMES</b>            |

**FAMILY ACTIVITIES CARDS (CONTINUED)**

|                                |                               |
|--------------------------------|-------------------------------|
| <b>DANCE</b>                   | <b>TEACH HOW TO RIDE BIKE</b> |
| <b>MAKE BED</b>                | <b>CLEAN ROOM</b>             |
| <b>GIVE BAND-AID WHEN HURT</b> | <b>EAT PIZZA</b>              |
| <b>PLAY SPORTS</b>             | <b>GET A HUG</b>              |
| <b>SNUGGLE</b>                 | <b>TAKE A VACATION</b>        |
| <b>EAT ICE CREAM</b>           |                               |

### WHAT I LIKE ABOUT OUR FAMILY

| FAMILY MEMBER | WHAT I LIKE ABOUT OUR FAMILY IS... |
|---------------|------------------------------------|
|               |                                    |
|               |                                    |
|               |                                    |
|               |                                    |
|               |                                    |
|               |                                    |
|               |                                    |
|               |                                    |

**WHAT I WOULD LIKE TO CHANGE ABOUT OUR FAMILY**

| FAMILY MEMBER | WHAT I'D LIKE TO CHANGE IS... |
|---------------|-------------------------------|
|               |                               |
|               |                               |
|               |                               |
|               |                               |
|               |                               |
|               |                               |
|               |                               |
|               |                               |