

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 his 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, or the like.

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.

Helping the child meet expectations of the other parent

Claiming Behaviors

Encouraging the child to practice calling parents "mom" & "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, and the like.

Making statements such as "In our family do it this way" in supportive fashion.

Sending out announcements of adoption.

Table

1-10