

Fahlberg, V.I. (2012). *A child's journey through placement*. London: Jessica Kingsley, pp. 62.

Ways to Encourage Attachment		
Responding to the Arousal/Relaxation Cycle	Initiating Positive Interactions	Claiming Behaviors
<i>Using the child's tantrums to encourage attachment</i>	<i>Making affectionate overtures: hugs, kisses, physical closeness.</i>	<i>Encouraging the child to practice calling parents "mom" & "dad".</i>
<i>Responding to the child when he is physically ill.</i>	<i>Reading to the child.</i>	<i>Adding a middle name to incorporate a name of family significance.</i>
<i>Accompanying the child to doctor and dentist appointments.</i>	<i>Playing games.</i>	<i>Hanging pictures of child on the wall.</i>
<i>Helping the child express and cope with feelings of anger and frustration.</i>	<i>Going shopping together for clothes/toys for child.</i>	<i>Involving the child in family reunions and similar activities.</i>
<i>Sharing the child's extreme excitement over his achievements.</i>	<i>Going on special outings: circus, plays, or the like.</i>	<i>Involving the child in grandparent visits.</i>
<i>Helping the child cope with feelings about moving.</i>	<i>Supporting the child's outside activities by providing transportation or being a group leader.</i>	<i>Including the child in family rituals.</i>
<i>Helping the child cope with ambivalent feelings about his birth family.</i>	<i>Teaching the child to cook or bake.</i>	<i>Holding religious ceremonies or other ceremonies that incorporate the child into the family.</i>
<i>Responding to a child who is hurt or injured.</i>	<i>Saying "I love you".</i>	<i>Buying new clothes for the child as a way of becoming acquainted with child's size; color preferences; style preferences, and the like.</i>
<i>Educating the child about sexual issues.</i>	<i>Teaching the child about extended family members through pictures and talk.</i>	<i>Making statements such as "In our family do it this way" in a supportive fashion.</i>
	<i>Helping the child meet understand the family "jokes" or sayings.</i>	<i>Sending out announcements of adoption.</i>
	<i>Teaching the child to participate in family activities such a bowling, camping, or skiing.</i>	
	<i>Helping the child meet expectation of the other parent.</i>	

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