

Checklist: Ways to Encourage Attachment

Responding to the Arousal/Relaxation Cycle	Initiating Positive Interactions	Claiming Behaviors
<ol style="list-style-type: none"> 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. Helping the child learn more about his past Responding to a child who is hurt or injured. Educating the child about sexual issues. _____ _____ _____ _____ 	<ol style="list-style-type: none"> Making affectionate overtures: hugs, kisses, physical closeness. Reading to or playing games with the child. Sharing the child's Life Book. Going shopping together for clothes/toys for child. Going on special outings 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, athletic skills, or other family activities. Saying "I love you." Teaching the child about extended family members through pictures and talk. Helping the child understand the family "jokes" or sayings. Helping the child meet expectations of the other parent. _____ _____ 	<ol style="list-style-type: none"> Identifying similarities between the adopted child and other family members - behavior, interests, appearance Encouraging the child to practice calling parents "mom" and "dad". Adding a <i>middle</i> name to incorporate a name of family significance. Hanging pictures of child on the wall. Involving the child in grandparent visits, family reunions. 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. Encouraging the child to share her/his lifebook with the parents Taking a new family portrait that includes the adopted child. Asking the child about significant traditions and rituals the child observed in other families and incorporating them into the current family's traditions and rituals. _____ _____

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