

Loving Hearts Foster Care

July-September 2010



LOVING HEARTS FOSTER CARE NEWSLETTER

Foundations Of Attachment

by Deborah Hage, MSW

We like to believe love is an emotion which descends upon people in some incomprehensible way, and that the euphoric mood is due to some mysterious connection associated with the one we love. The truth, however, is not nearly so romantic. There is nothing particularly mystical about how love develops. Love develops due to the release in the brain of pleasure causing endorphins. The mechanism for releasing the endorphins can be put in place by anyone who chooses to put the effort into it. Much like runners know they will reach a "high" if they run far enough and fast enough, lovers know if they tickle their loved one's ear and whisper sweet nothings they can expect some sort of aroused reaction. The emotion, which we call love, is the result of very specific actions.

The task for adoptive/foster parents is to figure out what actions on their part release the endorphins in their child's system, enabling the child to connect pleasure with their parents. They are not hard to discover if parents can remember when they first "fell in love". If that time can't be remembered go to any high school and watch the adolescents in the halls and classrooms. The same elements present in the flirtation and courtship dance need to be injected into the parent-child dance if the two are to "fall in love".

Eyes have been called the window of the soul, as it is through them we make our deepest connections. It would be very difficult to fall in love with someone who avoids eye contact. When people talk to each other it is extremely helpful if they are looking at each other as then deeper, more meaningful interactions occur. One of the first games universally played with infants around the world is "Peek a boo". The baby looks expectantly in the direction of mother's face and squeals with delight when eye contact occurs. Reciprocal eye contact is therefore a pivotal part of making a connection with an adopted/foster child.

The largest organ of the body is the skin. When people are stroked and massaged they are flooded with feelings of good will. Animals are tamed by petting them. Tamed animals are better equipped to respond to their master's voice, stay where they are put and come when they are called. They develop larger brains and are physically larger and more agile. Children who are touched and caressed in non-sexual ways are soothed and comforted by the presence of their parents. They become responsive to their parent's directives and wishes. In essence, they become "tame".

Food is another pivotal component of arousing the feeling called "love". Not just any food, however, will do. Lovers do not send

each other carrots on Valentine's Day. The food of choice is chocolate, though any sugar will serve the purpose of arousing in a child a feeling of good will, which then transfers to the parent giving them the treat.

The inner ears contain tiny hairs which, when stimulated appropriately, can cause a pleasurable shiver to run up and down the spine. Infants are affected by rocking, adolescents by amusement parks. Adults jump out of planes and participate in extreme sports, anything to arouse that shiver of excitement, which keeps them coming back again and again to re-arouse the senses.

The process of getting a child to attach to new parents is, therefore, enhanced by incorporating eye contact, touch, sugar and movement in such a way that the child's awareness is heightened and the pleasurable feelings which result are connected to the parent. Any activity between the parent and child which is on the parent's terms and involves these elements in a fun way will be bonding. Swinging a child, playing horsey, playing tag, water games, wrestling, dressing a child silly all are ways to help the child feel pleasure in the parent's presence. Activities are limited only by the parent's imagination.

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If a child avoids eye contact, it can be overcome by playing peek-a-boo with M&Ms. Every time the child makes eye contact a piece of candy is popped into the mouth so the sweetness is associated with the parents and the resistance to making eye contact is overcome in a fun way. Key is having the sweet pass directly from the parent's hand to the child's mouth. If the child feeds himself/herself the impact is minimized.

When a child is resistant to being touched the parent needs to touch lightly and frequently until the resistance is decreased. Brushing a child's hair, quick hugs, light tickles, neck and back rubs, foot massage, rubbing lotion into the child's hands, helping the child dress, tying the child's shoes, This Little Pig, listen to the heartbeat, patty cake, patty cake with feet, wheelbarrow, thumb wrestling, fingernail polish, counting body parts, rubbing noses, face painting, feeling muscles, etc. all are quick, fun ways to get close to a child without activating resistance.

Many children arrive in adoptive/foster homes scared and angry. Diffusing those feelings is important if attachment is to occur. Telling children in words they are safe and loved does not penetrate the armor of defenses with children who have heard it all before. It is not telling a child he or she is loved which will have the most impact. It is acting it out in joyous, yet intrusive ways, which will help parents get through the wall surrounding injured hearts.

Resources for Foster Parents

Gabriel's Angels

Gabriel's Angels was formed in 2000 out of a pressing and documented need in the community to enhance the lives of abused, neglected and at-risk children. Gabriel's Angels is also named after its first charter therapy dog, Gabriel, a Weimaraner who is an advocate for abused children.

Gabriel and his owner began working with children who have been abused and neglected and who may have some behavioral issues related to their history, at the Crisis Nursery in Phoenix, AZ. Since then the agency has expanded its services to include Tucson, AZ. On Jan. 24, 2001, the agency was granted a 501 ©(3) status by the IRS retroactive to date of incorporation.

Gabriel's Angels has grown to over 115 certified Pet Therapy Teams (pet and owner) serving over 12,000 children annually through 100 partner agencies and facilities in the Phoenix and Tucson areas. Gabriel's Angels mission is "To deliver healing pet therapy to abused, neglected and at-risk children, nurturing their ability to love and trust, thereby freeing them from the cycle of violence."

Information sessions are held monthly in Tucson. The following are upcoming informational sessions:
August 18, 2010 & September 15, 2010 at 6:30pm
Held at the Dusenberry-River Branch Library
5605 E. River Rd.
Tucson, AZ 85750
www.gabrielsangels.org



"The Children we serve, our volunteers, and our supporters are our Angels."

Power of the Enforceable Statement by Jim Fay, Co-Creator of Love and Logic

There are a number of people, probably not very many, who enjoy being ordered to do things. Somehow it just seems to rankle quite a few of us to be told what to do. So, when we are told to shut up, we tend to talk more. Telling kids to hurry up is usually followed by our having to compare them to stationary objects to see if they are actually moving.

This quirk of human nature was researched by Dr. Raymond Wlodkowski. He found that when we are ordered to do something, we subconsciously sense a loss of personal control. This is increased if a threat is stated with the order such as, "If you don't eat your peas, you are not going to get dessert." We've all seen the results of this kind of threat. The situation usually goes down hill rapidly. What was once a happy mealtime becomes the scene of a power struggle as both the adult and child tries to regain control.

Dr. Wlodkowski's Threat Cycle research led us to develop the technique called Enforceable Statements. We found that when kids tell themselves the possible threat there is far less resistance.

When a child hears the parent say, "I'll be serving dessert to everyone who eats peas." The youngster can say to himself, "Uh oh, I might not get dessert," but doesn't readily identify the threat as coming from the adult. The result? Odds for cooperation increase. Odds for arguing go down.

All of us at CPES-Loving Hearts Foster Care would like to congratulate the Russell family, Holt/Dryden family, Upton family, Genteman family, Smith family, Rogers family, Chacara family & Wedige family on their recent adoptions!

Family Time

Fun things to do with the entire family

Music on the Mountain: 2nd annual Music on the Mountain Series in Summerhaven on Mt. Lemmon. Music on the Mountain takes place every Sunday afternoon from Memorial Day weekend-Labor day weekend from 1pm-5pm. Admission is free...just bring a lawn chair. No outside food or drinks please.

Stories in the Garden at Tohono Chul Park: Wondering what to do in the morning? Every Tuesday morning at 10am is Story Time in the Garden for children at Tohono Chul Park on Ina west of Oracle. You and your family can hear Southwest themed stories told by fantastic docent narrators. After Story Time, take a stroll in the Park.

Tohono Chul Park
7366 N. Paseo del Norte
www.tohonochulpark.org

Apple Harvest Celebration 2010 at Apple Annie's Orchard: Runs from August 28-29, September 4-6 and September 11-12 at 7am to 5:30pm each day. Enjoy "all you can eat" pancake breakfast with hot apple topping or cider syrup, served each day from 7am-4pm. You can also enjoy Apple-Smoked Burgers; lunches are served from 11am-4pm. A free wagon ride will take you to the orchards for picking.

Apple Annie's Orchard
2081 W. Hardy Rd.
Willcox, AZ 85643
(520) 384-2084
www.appleannies.com

Kids in the Kitchen

Watermelon Slushy

2 c Watermelon, cubed, seeded
2 tsp Lemon juice
1/2 c fresh or frozen raspberries

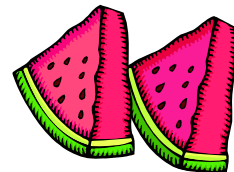
Cut Watermelon into small cubes. Put 2 cups of watermelon, 2 tsp of lemon juice and 1/2 cup raspberries in a blender.

Adult: blend until smooth.

Pour the mixture into a shallow glass pan and freeze for 1 1/2 to 2 hours.

Every half hour use a fork to break up the ice crystals. When the mixture is thick and slushy, it's ready to eat!

Just right on a hot summer day!



Don't forget to update your First-Aid and CPR this year!

CPES offers **FREE** First-Aid and CPR classes to all of our foster families free of charge at our training office located at 2828 N. Country Club in Tucson.

**Our classes fill up quickly so please register two weeks in advance by calling your licensing worker.

August Class Schedule

08/04 First-Aid 10am-12pm
Adult CPR 1pm-5pm

08/12 Adult CPR 3pm-6:30pm
First-Aid 6:30-8:30pm

08/18 First-Aid 10am-12pm
Adult CPR 1pm-5pm

08/25 First-Aid 10am-12pm
Adult CPR 1pm-5pm



Parenting with Love & Logic

Coming soon...

CPES will be offering a Parenting with Love and Logic training series to begin in September 2010.

More information to follow.

*Please note that CPR and First-Aid classes do not count towards your required training hours for the year.

We're online!
Check us out at
WWW.CPES.COM



LOVING HEARTS FOSTER CARE NEWSLETTER

CPES

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Want to make \$100 the easy way?

Refer a friend to CPES-Loving Hearts Foster Care.

If they become a licensed foster parent we'll give you a \$100 gift card! You'll also receive an additional \$50 if they are licensed to care for teens, older children or siblings!

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