

THE TWO TASKS FOR PARENTS/CAREGIVERS



Pathways to
Permanence 2

PARTICIPANT
RESOURCE
NOTEBOOK

Parenting
Children
Who Have
Experienced
Trauma
AND LOSS

Session 4

Creating
Positive
Attachments
Part 1

Parent's
Toolbox

Securely attached children feel a consistent, responsive and supportive relationship to their caregivers even during times of distress.

Insecurely attached children feel inconsistent, punishing, unresponsive emotions from their caregivers, and feel threatened during times of distress.

Task 1 - Decrease Distress

The parent responds to the child's cues of distress by being responsive and engaged emotionally. This emotional availability by the parent is critical for the child to experience. The parent is the external regulator of the child's internal physiological distress. The process of moving the child from high arousal states into calmness and organization will eventually be internalized by the child.

FIRST external regulation, THEN self regulation

DOWN REGULATE



DECREASE DISTRESS

Task 2 - Increase Pleasure

The child needs to learn that closeness, attachment and intimacy is pleasurable. We are biologically wired as social/emotional beings, but the dance of attachment and intimacy needs to be learned. The dance of attachment is best learned through play. When the parent "up-stimulates" the child into a play state, the child learns that closeness is not only safe, it's also fun and pleasurable.

UP STIMULATE



INCREASE PLEASURE