

APPENDIX II: OVERHEADS

OVERHEAD #1

**British Columbia Foster Care
Education Program**

CARING FOR CHILDREN:

ATTACHMENT, SEPARATION, AND LOSS

(6 Hours)

MINISTRY OF CHILDREN AND FAMILY DEVELOPMENT

OVERHEAD #5

Learning Outcomes

SESSION I

The caregiver can:

1. define secure attachment and describe the factors that promote secure attachment, including the Arousal-Relaxation Cycle.
2. identify secure attachment in children through the use of behavioural descriptions.

3. describe how separation and loss may impact children-in-care and lead to feelings of confusion, sadness, anxiety, and anger.
4. describe the stages of a child's adjustment to foster care as an experience of separation and loss.

SESSION II

The caregiver can:

1. express empathy for the child-in-care's experience and for the child's feelings of confusion, sadness, anxiety, and anger when separation or loss occur.
 2. define insecure attachment and identify factors that may contribute to or cause insecure attachment.
 3. identify and articulate ways to support children or youth to develop secure attachments in relationships.
 4. describe ways to prepare children and youth to move from their foster home back to their birth family, to another caregiver, or to independent living.
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OVERHEAD #7

Definition of Secure Attachment

Secure attachment is characterized by a need to maintain closeness and contact, a readiness to explore the environment, distress upon inexplicable separation, pleasure upon reunion, and grief at loss (Ainsworth 1989).

Secure attachment leads to:

- high self-esteem
 - a personal sense of security
 - the capacity to trust others
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 - the development of positive behaviours.
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OVERHEAD #7A

PHASES OF SECURE ATTACHMENT

Phase One: Prenatal

Phase Two: Bonding at Birth

Phase Three: Birth to 6 months

Phase Four: 6 to 12 months

Phase Five: One Year and Beyond

Relationship Building

Mutuality

OVERHEAD #8

**SECURE ATTACHMENT
DISCUSSION QUESTIONS**

1. What parental behaviours contribute to secure attachment at each phase?

2. What are some of the ways children in care and caregivers can interact to develop secure attachments?

OVERHEAD #9

ASSESSMENT CASE STUDY INSTRUCTIONS

- 1. Read the case study you have picked.**
 - 2. Underline or highlight the behaviours from your case study that indicate secure attachment**
 - 3. Using the checklist corresponding to the age group of your case study, place a mark in column A, B, C or D for each item.**
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OVERHEAD #10

STAGES OF LOSS

Denial

Anger

Despair

Resolution

Questions For Discussion

How did you feel about and react to the loss (how was your behaviour affected immediately and later?)

How did your parent(s) or caregivers respond to your feelings and reactions?

Were you able to grieve the loss and move on in your life?

How does this loss affect you in your relationships, in your family, and as a care giver?

What have you learned from your experiences with separation and loss?

CHARACTERISTICS OF INSECURE ATTACHMENT: INSTRUCTIONS

- 1. Think of a child you know and whom you believe experiences insecure attachment.**
 - 2. What behaviours and characteristics did/does the child have that you believe demonstrate insecure attachment?**
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OVERHEAD #15

UNDERSTANDING INSECURE ATTACHMENT

List on a sheet of paper as many things as you can think of that might impair or inhibit a child's ability to develop a secure attachment.

OVERHEAD #16

PROMOTING HEALTHY ATTACHMENT

**Think of ways that caregivers can
promote healthy attachment in
children in care**

Write these ideas on a sheet of paper.