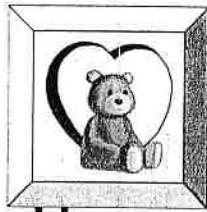


Infancy Visit #26

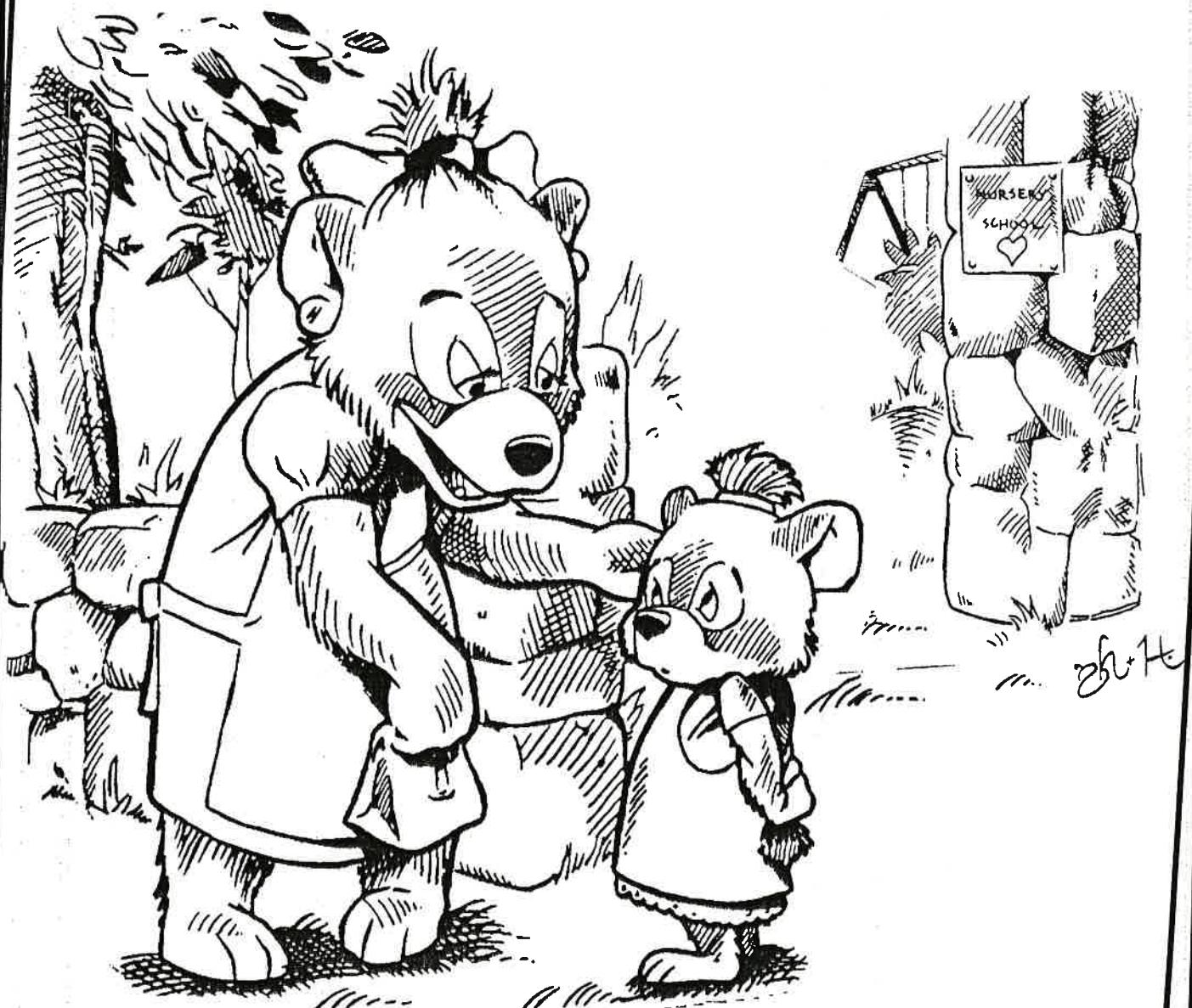
- PIPE: Love is Letting Go
 - Parenting Styles
 - Circle of Security

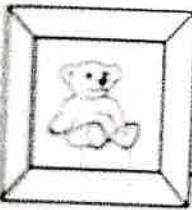
Topics for Next Visit

- 12 Month Growth & Development
 - My Year as a Mom
 - Language
- ASQ Activities: Age 1
 - Car seats



Love Is Letting Go





Conceptual Overview

LOVE
TOPIC 7

1. **Respect is honoring another's separateness.** It is another layer of love. In a loving relationship, we honor one another's need to be alone, to do separate things, to make mistakes, to have secrets, and to have separate friends. We respect another's privacy, his point of view, his choice of clothes and his culture. By valuing each other's separateness we will strengthen love. Respect in a relationship must be shared. You must give respect to get respect.
2. **As humans, who need to feel a strong attachment, we also have a deep need to feel separate.** That is ... to feel independent and self-directed with a sense of personal accomplishment and mastery. This sense of self makes us feel confident, builds our self-esteem, and gives us a feeling of inner control. It builds pride.
3. **Babies have only short periods of independence.** As babies develop, they need to feel accomplishment, for example, when they are learning new skills, such as grasping a rattle, making a new noise, crawling, sitting, or walking. When we allow our children to work at a problem and learn by experimenting, they feel joyful in their accomplishment and full of pride. They become very involved with practicing their new skills, and they may seem to be reaching outward, being independent, less attached to their parent, and more interested in learning about the world and the other people in it. It is important for parents to respect these times of separation. It may even feel good to have the baby seem less dependent. These are times when parents can find some freedom: a small break in the responsibilities of child care. Letting go is an act of love.
4. **Give babies some autonomy and choice.** Babies are better behaved and more fun when they are allowed some freedom to be self-directed. They thrive on having choices about what they do and they feel power in their decisions. Allow the baby to direct *you* some of the time. The ultimate goal as a parent is to raise your child to be an independent and competent adult. By letting your child experiment, practice, feel pride, and have power in accomplishment, your child will develop inner resources to feel and be in control of her emotions and actions.
5. **Listening to your baby shows respect.** Babies can help their parents care for them. By treating babies as separate individuals and respecting what they signal, parents learn about their babies' needs and have less anxious infants. For example, if we let babies set their own schedules, babies will be more predictable and less fussy. The parent feels less anxious and more competent. When a parent reads a baby's signals and responds to the baby, the baby will be better regulated and parent will feel in control. By asking, "Why is my baby sad (or angry)?" a parent has stopped to listen and honors the baby's feelings.

LOVE TOPIC 7

When we listen, we respect the ability of the baby to help us. We allow separateness.

6. Our need for separateness is always in conflict with our need for attachment. Throughout life, there is a constant balancing of the pull for independence or self-mastery and the pull for closeness and a sense of belonging. This can be confusing in a relationship. The baby cycles from periods of attachment, demanding closeness, to periods of independence, wanting separateness. To be close and emotionally available, while also allowing and respecting autonomy, is a balancing act for parents. This ambivalence, or conflict, is helped by a strong attachment and by setting guidelines, such as patterns and limits, for your relationship. This means that parents can help their babies learn to respect their need for adult personal space and separateness.



Attachment and Separation Needs Come in Waves

During the first year, a baby's needs for closeness or autonomy come in waves. Babies change from needing protection and guidance to feeling confident and independent.

♥ Attachment Periods

Attachment periods are wonderful periods of closeness and sharing. You feel needed and effective in regulating your baby's emotions.

Attachment waves are also demanding. They take lots of your time and energy.

If attachment is strong during the first three years and if you, as parent, are available and able to understand your baby's emotions and respond in the right way, you will always be your baby's "home base." You will become the memory image that is carried forward in your baby's head. You are your baby's first love ... his or her inner strength.

♥ Separation Periods

Separation periods give parents feelings of pride and accomplishment. Babies seem focused and independent. They seem happy to be in the care of someone else part of the time. Parents can have some time for themselves.

But, separation takes vigilance and guidance. Babies may be overconfident, driven to practice new, unsafe skills. They are strong-willed, not wanting to stop a task or change a pattern ... demanding new things, wanting to try what you are doing. You will need to be watchful, set the limits, and model for your baby's independence.

By 3 years of age, most babies have a memory image of a loving relationship and understand a pattern for the rules of relationships. This is what your child will take forward to start his or her experiences with others. As your baby's parent, you will feel proud of this independence.





Respecting My Baby

Do's for Respectful Parents

- ♥ Respect your baby as an individual.
Talk to your baby during tasks.
Let the baby know what will happen next.
- ♥ Be trustworthy and dependable. Help your baby feel secure.
- ♥ Let your baby solve problems.
- ♥ Learn your baby's unique ways of communicating.
- ♥ Learn about developmental stages; let your baby move at his or her own pace.
- ♥ Model behaviors you want to see.
- ♥ Be honest about why you want your baby to do something.
- ♥ Share activities with your baby.
- ♥ Make time to be totally available to your baby.
- ♥ Put words to your feelings and your baby's. Babies need to know words for feelings.
- ♥ Apologize to your baby if you were too cross or if you were wrong.

Don'ts for Respectful Parents

- Don't treat your baby like a cute doll; don't forget to talk to your baby; don't just move him or her around like an object.
- Don't let your baby be confused about your love or commitment.
- Don't do tasks that your baby is trying to do; don't deny him or her learning opportunities.
- Don't forget to read all the cues.
- Don't rush your baby ahead of his or her ability. Don't expect too much. Don't hold your baby back.
- Don't lecture, argue, or demand.
- Don't lie to your baby or try to fool him or her to accomplish what you want.
- Don't exclude your baby from watching you or helping you.
- Don't let this time be interrupted. Don't allow yourself to be distracted by other concerns or people.
- Don't deny it when you are mad. Babies can read your true feelings.
- Don't assume that your baby's confusion or hurt feelings will just go away.



Developmental Path Leading to a Balance of Attachment/Separation Needs

Interdependence ————— Independence

0-3 MOS.

Love me, hold me,
feed me, mold me.
Warm and caress me,
coo and dress me.
Give me structure,
make a base.
Start my life
on a path
you trace.

9-12 MOS.

What a big world to explore;
hold me close and safe.
Together we'll begin to soar
if you will set the pace.
I need you now to be my guide.
I'm watching you.
I'm filled with pride.

17-20 MOS.

C'mere, C'mere!
Go 'way, Go 'way!
I'm so confused ...
That's all I say.

I want to be me,
To grow, learn, and
play. Yet, I want you
there to guide my way.

4-8 MOS.

My hands can reach.
My toes will kick.
My voice can screech.
I'm super quick.
I make you smile,
I love your friends.
I set my style,
I focus your lens.

12-16 MOS.

I'm walking. I'm flying.
I'm choosing. I'm crying.
I'm giving orders.
I'm having fits.
I'm trying to learn
beyond my limits.
I'm, oh, so cute!
and oh, so smart!
But there are days
I try your heart.

20-30 MOS.

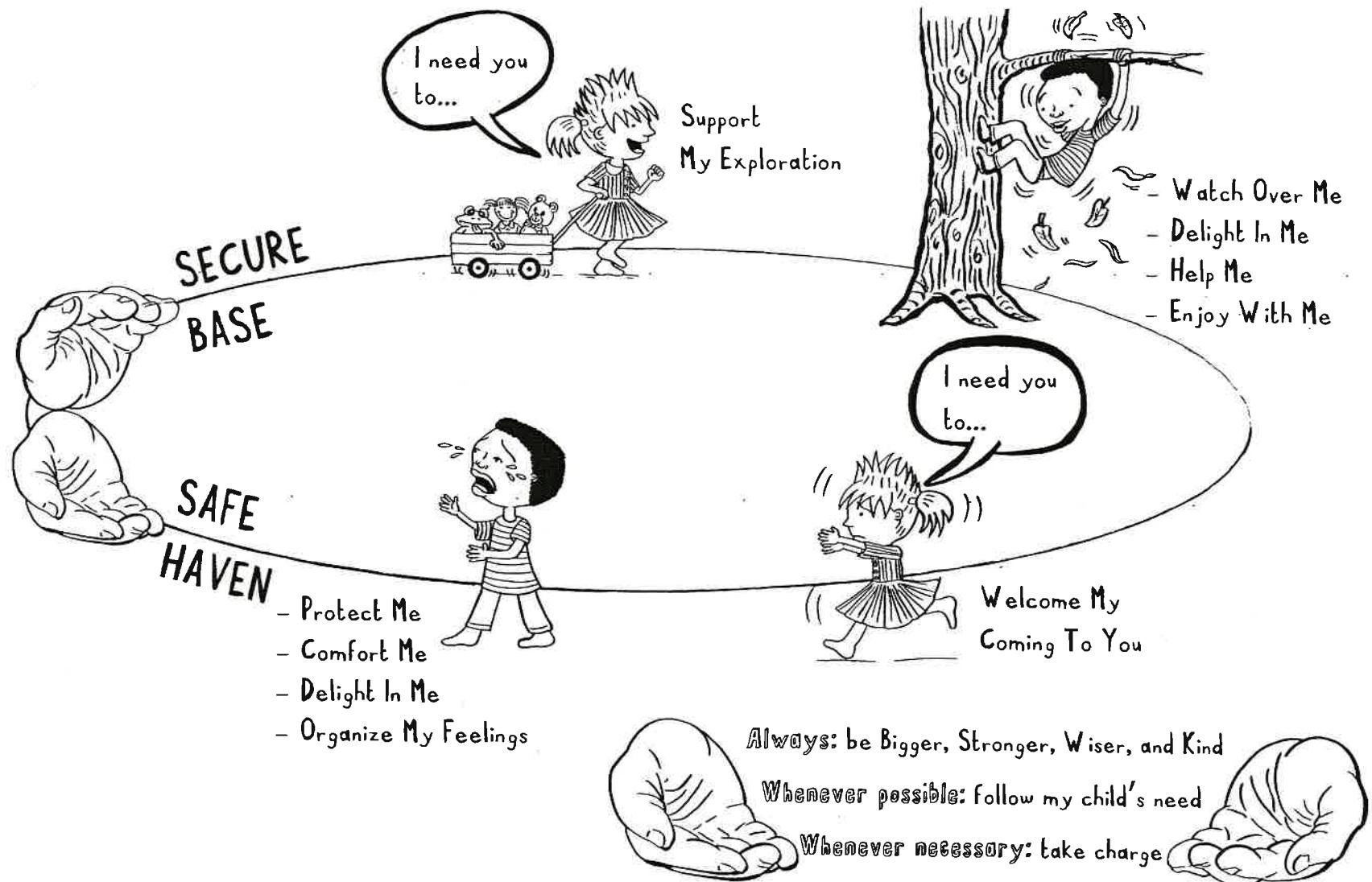
I've grown so big. I have a friend.
I like my school. I play pretend.
But still I know when you're not there.
I'm looking for you everywhere.

When I'm alone, I need to know
How long you're gone and when you go.
I need a sign to help prepare.
I cling tight to my teddy bear.

But soon I'll learn that you will stay
within my head when you're away.
A memory image of your face,
your voice, your love, will take your place.

Circle of Security

Caregiver Attending To The Child's Needs



What is your Parenting Style?

Take a quiz and find out:

1. <https://psychcentral.com/quizzes/parenting-style.htm>

(15 questions. Simple for most part although some words used may be challenging. Different names for styles from those shared in description)



2. http://www.activeparenting.com/Parents-Parenting_Style_Quiz

(30 questions. Simple wording for most part although some words used may be challenging. Different names for styles from those shared in description)

3. <https://www.psychologytoday.com/tests/personality/parenting-style-test>

(This one matches the styles described in the facilitator but very long. 42 questions and complex questions.)

What do you feel you are doing well with parenting?

What is your family's or culture's view on parenting?

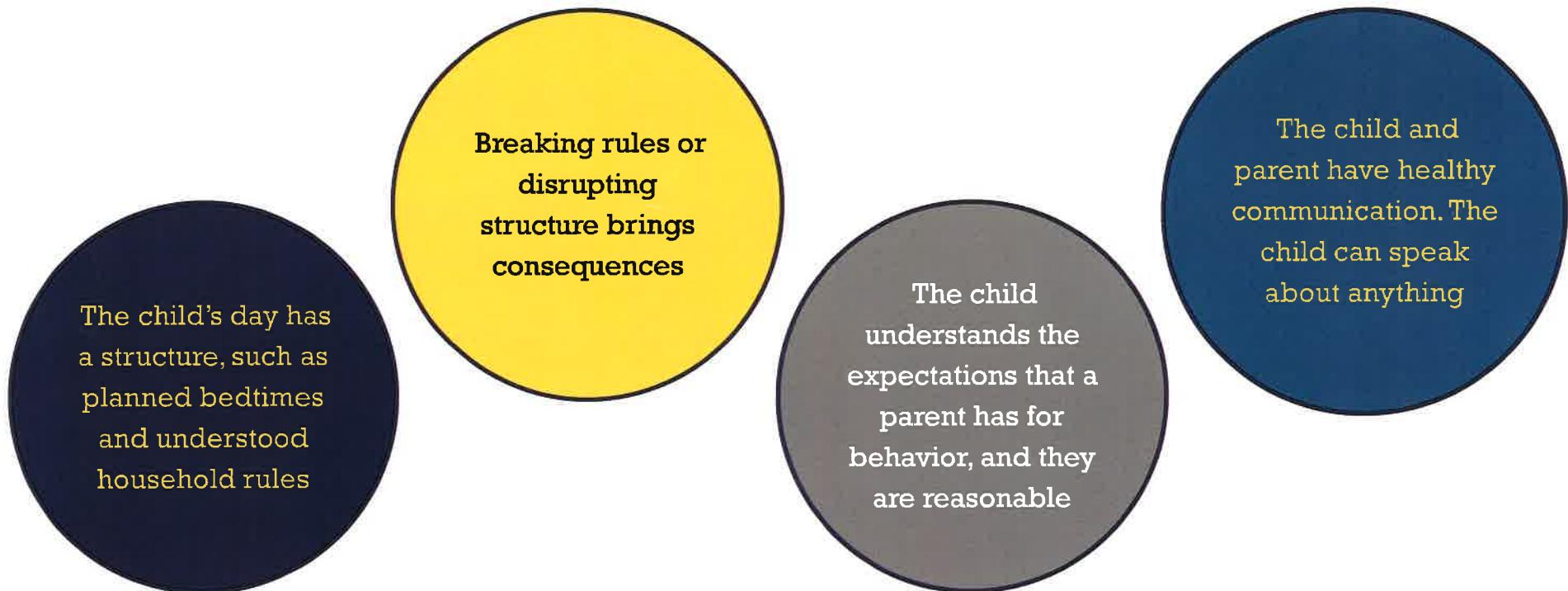
Parenting styles explained: Video describing the different parenting styles (3 minutes)

<https://www.youtube.com/watch?v=41OgXktv69w&feature=youtu.be>

Positive/Democratic Parenting Style

In this style parents believe children need love, but they also have clear expectations for behavior. They believe that children need rules and guidance in order to meet these expectations. Parents with this style serve as a role model by modeling respect and proper behavior..

While explaining reasons for the rules and allowing children to have input into goals, parents have the final say regarding issues involving safety, values and health.

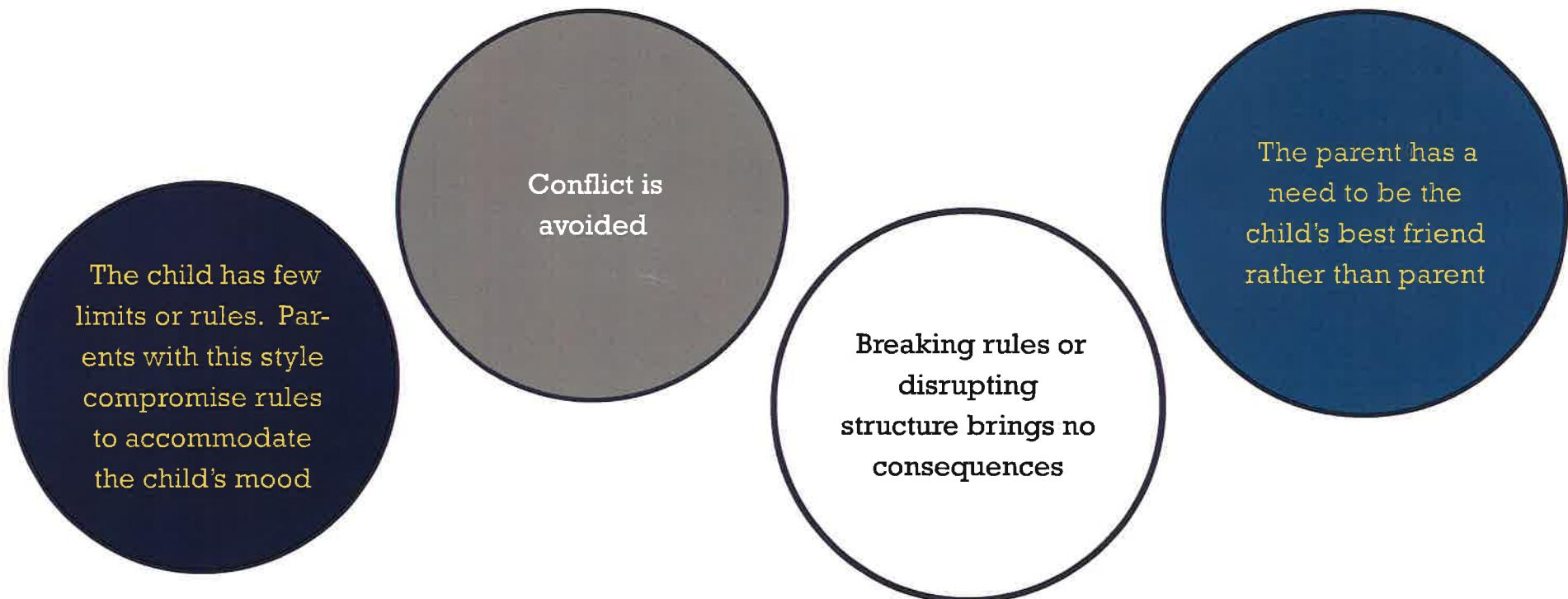


You may see this in children who parents have a positive/democratic style:

- Children know what to expect and know you will be consistent, fair and firm.
- Children usually grow up to be independent and confident.

Permissive/Indulgent Parenting Style

This style can be responsive but not demanding. Parents with this style tend to be lenient and try to avoid confrontation. Few rules are set by parents with this style, and rules can be inconsistent when they do exist.



You may see this in children who parents have a permissive/indulgent style:

- Lack of structure can cause these children to have little self-discipline or self-control.
- These children can sometimes be disorganized, selfish and lack independence.
- Some children may develop poor social skills and have a hard time accepting authority.

Authoritarian/Dominant Parenting Style

This style can also be called strict parenting. Parents with this style can be demanding but not always responsive. They expect children to follow a strict set of rules and rely on punishment to teach a lesson or demand obedience.



You may see this in children who parents have an authoritarian/dominating style:

- Children can be confused about the reasons for rules.
- Parent and child have a lack of communication.
- Some children may develop poor social skills and have low self-esteem.

Unengaged Parenting Style

This style can also be called neglectful. Parents with this style is rarely responsive to a child's behavior and needs.



You may see this in children who parents have an unengaged style:

- Children can have a lack of trust in exploring the world.
- Children can have a harder time forming relationships with others, especially children their age.

How would you handle the following situations?

One day you and your child are in the toy section of the store. Your child starts whining that she wants a new toy, because she is “bored” with the all of the toys she has at home. Would you:

- A. Ignore the child’s request
- B. Respond with “you have a lot of toys at home and perhaps on another day”
- C. Quickly grab a pack of “Go Fish” cards and hand them to the child

Your child has asked for a candy bar, and you have told them “no, that it is too close to dinner time.”

Your child starts screaming and says, “I want the candy now!” What do you do?

- A. Remind the child that eating candy is not allowed before dinner and they may have candy later
- B. Ignore the child and continue to cook dinner
- C. Allow the child to eat the candy
- D. Tell the child they may not have the candy at all because “I said so”

You tell your 5 year old to clean his room, but when you return a half hour later, he’s playing with his Legos and nothing has been touched. What do you do?

- A. Work alongside him and help put away the toys and books
- B. Ask him again, but be more specific with your instructions
- C. Tell him he can’t play with his toys for two days if he won’t clean them up

You’re in a hurry to pull out of the driveway in the morning, but your 2 year old refuses to sit in his car seat. You:

- A. Tell him he doesn’t have a choice, then firmly buckle him in
- B. Explain why it’s important for him to sit in the car seat, so he understands why it is a rule
- C. Offer to play whatever music he wants while you’re driving if he’ll sit quietly