

First Steps: Building Family Attachments

A program for newly adopted children ages 2-6 and their parent(s)

First Steps is a five-week program that combines classroom instruction and hands-on learning to promote attachment between a parent and a newly adopted child. Parents will learn about the importance of early life attachment for their child, practical techniques to strengthen attachment, and resources to address possible problems. Classes will alternate between parent instruction and the application of what is learned with their child.

Class I: Attachment Basics/Family Attachment Narrative Therapy

(Parent/s only) Parents will learn about the importance of attachment, factors that can impede a secure attachment, and how to promote a healthy attachment with their child. Family Attachment Narrative Therapy will be introduced to parents and they will have the opportunity to begin work on a story to promote attachment with their child. This story will be a part of the next session.

Class II: Family Attachment Narrative Therapy & Attachment Play Techniques

(Parent/s & child) Parent/s will come to the class with their child. Under therapist's guidance, parent/s and child will incorporate storytelling and play to promote attachment. The session will begin with a group activity, activities stations that include a craft and snack, and end with a story.

Class III: Reflective Play & Sensory Integration Considerations

(Parent/s only) Parent/s will learn about the importance of playing with their children to promote attachment. They will be taught the basics of Reflective Play. Sensory Integration and its relationship with attachment will also be discussed.

Class IV: Reflective Play, Boost-Up/Brain Gym, & Sensory Integration Techniques

(Parent/s & Child) Parent/s will come to class with their child. Under therapist's guidance, parent/s and child will play, explore activities that promote sensory integration and attachment.

Class V: Factors that Affect Attachment/Other Things to Consider

(Parent/s only) This session will discuss a variety of issues to consider when parenting a child who is adopted—e.g., When is help needed?, Where can one go for certain services?, What services will be needed?, School interventions and concerns, Alternatives to medicine, Discipline, etc.

Charge: \$125.00 for parent/s and child

Questions: Melissa Nichols (952-475-2818, ext.10 or Melissa@familyattachment.com)

Classes are Saturdays: March 1 (10-11:30), March 15 (10-11), April 12 (10-11:30), April 19 (10-11) & April 26 (10-11:30).



FamilyAttachment
COUNSELING CENTER

Registration Information

NAME ON CARD _____ SIGNATURE _____

FAX OR E-MAIL FOR CONFIRMATION

MORE INFORMATION AT WWW.FAMILYATTACHMENT.COM