

## Exercise

# THE WALL OF GOOD CARE

## Kinaesthetic exercise

Using wooden blocks, build a wall with each layer of the wall representing an age range. Each block should represent the care your baby might experience with you. Your practitioner will help point out the strengths and the worries in respect of your baby developing a secure attachment style.

Example wall:

3-5 years	LEARNING		SCHOOL	DRUG USE	GROWTH
2-3 years	PHYSICAL PUNISHMENT	HOBBIES		FAMILY	
1-2 years	LANGUAGE		BOUNDARIES		CREATIVITY
6-12 mths		TODDLING		NURSERY	RESPONSE TO CRYING
3-6 mths	PLAYGROUP		PLAY DATES	NEGLECT	CRAWLING
6-12 wks	POST-NATAL DEPRESSION	TOYS		TRIPS OUT	
0-6 wks	NAPPY CHANGES	PHYSICAL PUNISHMENT	LULLABIES		MIDWIFERY APPOINTMENTS

## Wall of good care:

Discuss with your practitioner what you have put on the wall and what each block means for the baby's attachment. For example, if you want to say love then think about what that would look like, i.e. this could be eye contact and cuddles.

In respect of worries, you may say drug use but you should think about how this may affect you and your baby. For example, not having money for baby clothes, having lots of people coming and going, or not being emotionally available.

**Once your wall is built it should be big and strong and your child will be secure in their attachment style.**

Now remove the blocks which represented the behaviours to avoid:

- How did it affect the wall?
- Think about what you can do right now to change some of the vulnerabilities.
- Think about what you can do in the future to change some of the vulnerabilities.

Notes:

