

Theraplay Nurture

Many children, regardless of their care and removal history struggle with being nurtured, remember how your child managed the lotion and feeding task in the assessment. This is because they have a negative working model that means that they believe that they need to take care of themselves.

So out of anxiety they learn to be self-reliant, and rejecting of you their parent. If you adopted your child when they were older than a baby, it may have felt strange to touch a child that was not yours, especially if they pushed you away, or rejected you. It is quite natural that when a child pushes us away we respect this hoping that they will get used to us over time. When this doesn't happen, what do you do? For some parents feeling this rejection is very difficult, and this makes sense. You adopted to love your child and be in a positive physical relationship with them, and so to be rejected feels painful and confusing.

The goal of nurture games is to help your child to learn to tolerate and then enjoy being nurtured and cared for by you. We are retraining their brain so that rather than seeing touch and comfort as a threat and a challenge to their self-reliance they see you as safe adult who does meet their emotional needs. At the same time, we will also teach you the ways that your child feels most comfortable in a nurturing relationship. This is often different for each child even within a sibling group. Some children need light touch and other pressured firm touch for example. In helping you with this we aim to help you become more attuned to your child's needs and to observe their body language better.