

To Avoid Placement Disruption of the Attachment-Traumatized Child:

Do:

1. Do realize you could be in for the challenge of your lifetime.
2. Do remember God really doesn't give you a burden too heavy to handle, but you will be tested.
3. Do get respite for yourself.
4. Do separate birth siblings if negative, destructive attachment is present, and be aware that the one left in your care may "blow up" when the other leaves. And it may take a couple of weeks.
5. Do realize that Rome wasn't built nor did it fall in a day.
6. Do remember there are no drugs that promote attachment.
7. Do turn your house into a 24 hr. treatment center.
8. Do take one day at a time.
9. Do expect regression.
10. Do call for reinforcements first before you call the psychiatric hospital.
11. Do love unconditionally, and forgive continuously.
12. Do judge how well you're doing by how few times you've been triggered in one day, not by how much better your child is.
13. Do consider the pluses of working in not out of the home in the initial stages of the placement, if you are the primary caregiver. (Be there now = don't pay later.)

Don't:

1. Don't take in more kids until you get this one under control.
2. Don't trust that you're over the hurdle.
3. Don't put too many irons in the fire.
4. Don't think your child doesn't need 24/7.
5. Don't be resentful about your child needing 24/7.
6. Don't think that love and a good home are enough.
7. Don't think you can do this all on your own.
8. Don't set some kind of deadline for when your child will improve. You'll always be disappointed.
9. Don't think punishment **should** work.
10. Don't think regular parenting will work (i.e., behavior charts, time out).
11. Don't commit then uncommit to your child. Every disrupted placement sets this child back, way back.
12. Don't let your child push you away. Keep loving.
13. Don't think it's quality time...It's **quantity** time.
14. Don't let your child rule the house.
15. Don't feel sorry for and spoil your child.