

# A Therapeutic Guide to Dealing with Attachment Disordered Children at Christmas Time

By Sarah Naish



1. Think twice before visiting Santa. Strange man with a concealed face.

3. Take all presents out of packaging before wrapping them. Avoid presents requiring batteries if possible. This avoids delay and whining where the child cannot wait. Saves you loads of hassle.

5. Accept that the gift they have been going on and on about excitedly may not really be valued by them AT ALL. Only the fact that they managed to get it.

7. Keep everything low key and dull as possible. Keep in the routine as long as possible. We put decorations up as late as possible, sometimes even the 24<sup>th</sup>.

9. Avoid sugar as much as possible. Yes, I know it's Christmas, but how much more grief do you actually want?

2. Avoid pantomimes unless you are very confident. The baddies often re-traumatise the child. Some story lines replicate early abuse.

4. Accept that anything you give may be broken or lost by 2pm.

6. Take them out of school early if they aren't coping with the disruption to routines.

8. Keep a video camera running to record who the presents are from. Helps to free you up writing lists and remembering who gave what. The children will also sit and watch this video VERY happily later in the year.

10. Organise support for yourself from friends and relax with activities you like.

