



EMPATHIC PARENTING

Journal of the Canadian Society for the Prevention of Cruelty to Children

Volume 7

Issue 4

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	Inside Covers
• Men's Liberation	
• What the CSPCC is All About	1
• Letters	2-5
• Two Separate Parts to the Parent-Child Relationship	6-14
• Removable Centrefold	
• Simple Kindness	15
• Some Things You Can Do To Help	16
• Thanks for Your Financial Support	17-18
• Auditors' Report	19-21
• The Beginning of Life is Decisive For a Lifetime	22
• Invariably The Response Has Been One of Total Attention	23
• The Emotional Needs of Infants and Very Young Children	24-27
• This is how Psychopaths are Made	28

The greatest luxury is to see one's children develop the best possible social and emotional health.

James Robertson
See pages 23 - 28



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MEN'S LIBERATION

"...I would like to suggest that arbitrary male dominance is not only destructive to women and children, but also to men. This seems to be something few people recognize. I have found two books by Herb Goldbert — THE HAZARDS OF BEING MALE and THE NEW MALE to be particularly insightful. It is now more acceptable for women to develop their "masculine" attributes of assertiveness and self-determination than for men to acknowledge and explore their inner world of feelings and vulnerabilities. I think that this is unfortunate. All the discussion on traditional female roles (the women's liberation movement) has increased women's choices of lifestyle either traditional or not. But most men (and women) are still not liberated from men's roles. To achieve CSPCC's goals, I think that we must also encourage and support men's liberation.

"Yes, kids need their mothers to be there, but they also need their fathers. A father who can't show his feelings and is always off somewhere "making money" can't give his children what they really need from him. Nor do I believe that he is getting what he wants and needs..."

Wendy Bergerud
see page 4

The Canadian Society for the Prevention of Cruelty to Children

- The basic premise of the CSPCC is that the worst of all possible cruelties is to inflict permanent emotional damage on another human being.
- Given the evidence that such permanent emotional damage can be relatively easily inflicted during the very early years of life, our concern is with ignorance of, or indifference to, the emotional needs of very young children.
- By permanent emotional damage we do not mean only the psychological illnesses of adults which are recognized as having their roots in early childhood. More importantly we mean the (as yet) less recognizable and measurable deficient capacities for trust, empathy and affection.
- To prevent such permanent emotional damage, the CSPCC is working toward higher status for parenting, greater support for parents with young children, increased emphasis on trust, empathy, and affection in the adult world, and vastly improved preparation for parenthood.
- By preparation for parenthood we mean that girls **and boys**, prior to the age when conception is a possibility, should appreciate:
 - the permanent emotional damage that can result if the emotional needs of a child are not met during infancy,
 - the amount of time and energy required to care for an infant empathically,
 - that remaining childless may be the most sensible option, given one's interests and priorities,
 - the wrong reasons for having children: proving one's masculinity or femininity, making or patching up a marriage or relationship, having a son and heir, having a weapon to use against the other parent, obtaining the love and affection they have been unable to get from the adult world, fulfilling a need to dominate and control,
 - the radical ways in which caring for an infant empathically alters the lives of the parents,
 - the hazards of poor nutrition, poor health, inadequate medical care, and substance abuse during pregnancy,
 - all about obstetrical practices which facilitate attachment, bonding and engrossment of babies, mothers and fathers,
 - the basic facts of infant development,
 - why babies who are not breastfed are disadvantaged,
 - the reasons why babies arriving too soon and too often make it more difficult to adequately meet their emotional needs.

They should know the ways in which our appetite for consumer goods and services can become so insatiable by the time children are conceived, that satisfaction of consumer cravings and status and careerism based on these are easily rationalized as having a higher priority than nurturing one's children.

They should know the subtle and damaging ramifications of our tradition of arbitrary male dominance, and the reasons why it will continue to be difficult to adequately nurture children until males become aware of, and change their irrational ways of relating to women.

Increasing the number of members in the Society and the readership of its journal **EMPATHIC PARENTING** are at present the principal means by which the CSPCC is working to unite those who share a concern for the importance of the Society's objectives.

CSPCC, BOX 700, 246 KING STREET, MIDLAND, ONTARIO, L4R 4P4

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Letters**WHAT CAN YOU DO TO HELP?**

Dear Dr. Barker:

From time to time I have noticed letters in
the Journal asking "What can I do to further
the work of the CSPCC?"I would like to suggest that CSPCC
members consider setting up or assisting
family support programs in their
neighbourhoods. A variety of such pro-
grams have been created across Canada in
recent years, and they seem to be proving
invaluable to many young parents and their
children. Playgroups or Playcentres,
especially, are easily established and meet
many of the needs of mothers who have
chosen to stay at home with their infant
children.Playcentres can be initiated and run by
the parent participants themselves, but pro-
grams in our area have greatly benefitted
from volunteer help. Among other things
volunteers have:

- assisted in publicity for the programs
- driven isolated mothers and children to
programs
- provided leadership at Playcentres leav-
ing mothers free to concentrate on their
children
- demonstrated crafts, cooking and other
skills during Playcentre programs
- collected books and resource materials
on child development and child care prac-
tises
- videotaped television programs of special
interest to parents with small children
- organized discussion groups for parents
- collected and donated money for playcen-
tre equipment
- attended conferences bringing back fresh
ideas for the Playcentres.

There are publications documenting
Playcentre experiences in Canada and
overseas. Perhaps the CSPCC could make
some of this information available to
anyone interested in assisting or starting
family resource programs in their communi-
ty.I am enclosing the latest notice publiciz-
ing our Playcentres through the local Con-
tact Information Service. We are looking
forward to our sixth year of fun and support
for young families in Huronia through
neighbourhood Playcentre programs.July Lalonde
Elmvale, Ontario

NEIGHBOURHOOD PLAYCENTRES IN HURONIA

- PLAYCENTRES provide "indoor playgrounds" for pre-schoolers and their families.
- PLAYCENTRES offer mornings out with fun activities for both children and parents.
- PLAYCENTRES welcome all ages — infants, toddlers, parents, grandparents, other relatives, babysitters and volunteers (who enjoy the company of young families).
- PLAYCENTRES are casual and informal. Come when it suits you. Visitors are always welcome.
- PLAYCENTRES are run by parents and volunteers who feel that parents are the most important people in the lives of their children, and that communities need family places;
- places that welcome parents and babies
 - places for enjoying the stimulation of a playgroup along with the warmth and security of being together
 - places for sharing the experience of parenting with other parents
- PLAYCENTRES can be found in Midland, Penetanguishene, Elmvale and Wyevale. Each Playcentre provides a "drop-in" style programme one or two mornings a week and costs 50 cents per family per visit.

THE OPPRESSIVE TRADITIONAL ROLE OF WIFE & MOTHER

Dear Sir:

I am surprised at your vehemence against day care centres. I have sometimes been surprised and discomfited by some articles which have been printed in your Journal. Sometimes they suggest that mothers should not work and must stay at home minding the kids. With society as it presently is, this implies that she must spend most of her time with children and with little adult companionship. If you demand that the only way to raise healthy kids is for the mother to stay home as in "the old days", as my mother did, then I find it hard to support CSPCC. We must find more healthy ways for adults to raise kids, and we shouldn't be putting all the pressure on the mothers either. Fathers have as much responsibility, and should share equally in their raising.

Our society doesn't seem to have much room for children, what with the emphasis on money as a measure of success and jobs being so disjointed from our family and social life. How can we change our society so that our lives are more holistic with children a natural part? I hope that this is the kind of question CSPCC is trying to ask and answer. I hope that you aren't part of the conservative movement which uses guilt to force women back into the oppressive "traditional" role of wife and mother, but with no "I". I like the quote from Penelope Leach on Page 4 (*reprinted below*). We need more effort spent on finding ways to help parents enjoy raising their kids instead of justifying their abandonment in daycare centres, etc. (at least for very young children). Why have kids if you aren't going to spend time with them?

Sincerely
Wendy Bergerud
Victoria, B.C.

What I really feel is that when provision is made at all for young families, it tends to be in ways which seem to be designed to help mothers out of mothering rather than to help them with it or within it. In other words, the most money and the most time and the most publicity is expended on schemes for providing workplace nurseries or creches or this or that or the other ways in which a mother may legitimately leave her baby. If a comparable amount of effort were spent on finding ways of helping her enjoy the job she's doing with that baby, I think we might see a very different picture of demand.

Penelope Leach

Letters

IN REPLY

Dear Ms. Bergerud:

I had hoped that it was clear, both from my letter to Mrs. Gryska (Spring '84) and from past Journal articles, and from page 1 of the Journal, that our tradition of arbitrary male dominance is destructive, not only to women, but to children. The stay-at-home mother of the old days usually meant the acceptance of arbitrary male dominance and a very limited, and from my point of view, totally unsatisfactory involvement of the father in parenting.

We are remiss I think in not having published enough articles about fathering, and hope to rectify that. The best article dealing with arbitrary male dominance was published in July '82 and is enclosed. It consists of the entire prologue of Madonna Kolbenschlag's excellent book "Kiss Sleeping Beauty Goodbye". You have perhaps also seen the article in November '82 "Sexism: A Dangerous Delusion" (which is excerpted from George Albee's article "The Prevention of Sexism"), and "I Want a Wife", a feminist classic from the early 70's reprinted in the Spring '83 issue.

Way back in the Autumn '81 issue there is an excellent article written specifically for the Journal by an ardent feminist Patricia Stuart-Hagge entitled "Can a Woman Today Proclaim Herself a Feminist and at the Same Time Advocate the Necessity and Integrity of Motherhood as a Career?"

Enclosed is a catalogue of past Journal articles. We are hoping to be able to more easily make available copies of articles in past issues of the Journal which have dealt with specific topics.

So the answer to your question is that I certainly do not feel we are in any way related to, or supportive of, "the conservative movement which uses guilt to force women back into the oppressive "traditional" role of wife and mother". What we do believe is that mothering is indispensable to young children, but must be carried on in the context of a re-definition of fathering, the absence of arbitrary male authority, and a society which values, supports, and encourages the unique and indispensable role of women in nurturing infants...

Sincerely
Elliott Barker

THANKS FOR SAYING IT SO WELL!

Dear Mr. Barker:

Thank you for your reply to my letter. I found it very reassuring and am glad that my fears are unfounded.

Further to your letter, I would like to suggest that arbitrary male dominance is not only destructive to women and children, but also to men. This seems to be something few people recognize. I have found two books by Herb Goldberg - THE HAZARDS OF BEING MALE and THE NEW MALE to be particularly insightful. It is now more acceptable for women to develop their "masculine" attributes of assertiveness and self-determination than for men to acknowledge and explore their inner world of feelings and vulnerabilities. I think that this is unfortunate. All the discussion on traditional female roles (the women's liberation movement) has increased women's choices of lifestyle either traditional or not. But most men (and women) are still not liberated from men's roles. To achieve CSPCC's goals, I think that we must also encourage and support men's liberation.

Yes, kids need their mothers to be there, but they also need their fathers. A father who can't show his feelings and is always off somewhere "making money" can't give his children what they really need from him. Nor do I believe that he is getting what he wants and needs.

I hope to be a mother someday and I want to share the responsibility and joy of being a parent with a man, as well as sharing responsibility for having a place to live, enough money, etc. I want my children to know their father. Alternate lifestyles must be available to accomplish this, as well as different attitudes and more self-awareness. I believe that this accords with CSPCC's goals and heartily support them. I believe that the attitudes and emphasis of the CSPCC are important...

Sincerely,
Wendy Bergerud
Victoria, B.C.

Letters

A DIFFERENT POINT OF VIEW

Dear Dr. Barker:

Dr. Burton White has done much for us all in his study of young infants, and we now know that babies see more and respond to their environment much more and at an earlier age than we used to think.

However, I've always been concerned about his theories of closely spaced children. I fear he thinks because he's an authority in one area of child development he feels he's one in all areas.

His using for comparison of how a child feels when he gets a new sibling as the same as if a husband came home and told his wife that he's bringing another woman home to join the two of them, is just a false comparison. Children — even very young children — love to have other children and babies around if only for their novelty value. Of course they have their angry times when baby interferes with their wishes but they can show the same anger to mother or anyone else when things aren't going well for them.

It's been my experience and I know of many other mothers as well, that new siblings are happily received into the whole family if the whole family is included in the work and joy of the new one. Of course the older children still need to have some time given them individually by their parents. And at the end of the excerpts of Dr. White (in the Summer '84 CSPCC Journal) he refers to ways that are helpful to give older children some special attention.

The renowned Jean Piaget (I believe in his book "The Language and Thought of the Child") has said that he felt overstated. He felt the jealousy that children are forever being accused of was in most cases just the labelling given to actions of frustrations, anger and hurt which will be present, siblings or not, and should be dealt with for what they are and not to rationalize them all as jealousy — almost as if nothing can be done about it.

We'd be much more helpful to our young parents by giving suggestions on how to deal with children's feelings and how to listen to them. It's not helpful to say siblings will be jealous with each other and it's their fault for having them born too close together.

The other articles in the same issue on child abuse, empathic and creative parenting were excellent. Your articles are most helpful.

Thank you for your continued work.

Sincerely
Alice E. Thompson
Willowdale, Ontario

TO HAVE THE JOURNAL IN THEIR WAITING ROOM

Dear Dr. Barker:

I was recently made aware of CSPCC through a young mother who lent me copies of your Journal. She knew of my interest in children as a physician and particularly a mother who elected to leave an active practice to devote herself fulltime to her family in spite of pressures from her colleagues.

Our medical profession in its teaching of child development does not insist enough on the crucial importance of the presence of a consistent and loving caretaker, preferably the mother in the emotional development of the child during his first 4-5 years. I also learned in staying home that a previous two years of studying in a pre-school teaching program and later two years of Paediatrics training was of minimal help in the actual task of parenting. To be a parent is not an innate skill but an acquired one and in our present Western Society there is much need of support for the preservation of the nuclear family. So I sat in the evening with other parents attending Effective Parenting classes to realize I was trying to develop effective communication skills.

At some point in time I had read and kept an article entitled "Child Protector" from a weekend paper "Today". It related your experience as a psychiatrist at Oak Ridge. The essence of your message struck me — to know that your message is propagated via the Society and its Journal is comforting.

Kindly accept my congratulations for that tremendous effort. May I support it in my becoming a member, encouraging fellow practitioners to have the Journal in their waiting room and keep practising in my own life the Credo of the CSPCC.

Gratefully yours
Carole Lapointe M.D.
Toronto, Ont.

WHAT WE MEAN BY BONDING AND ATTACHMENT

There are two separate parts to the parent-child relationship.

'Bonding' refers to the feelings parents have for their children, and

'Attachment' to the feelings children have for their parents.

Although they run in parallel, bonding and attachment begin at different times, have different qualities, and different outcomes. To see them in this way aids our understanding of family relationships.

Reprinted here, with permission of the publisher, is Chapter 5 (complete) from James & Joyce Robertson: A BABY IN THE FAMILY (Penguin Books 1982) pp. 115-123. Copyright James Robertson and Joyce Robertson, 1982. The entire book, which is only 127 pages & averages one photograph per page, is available from Penguin Canada through any book store or the CSPCC for \$6.95. Every prospective parent should read it - ETB.

Bonding

The Feelings of Parents for Their Babies

Parents feel their own children to be special and make allowances for their shortcomings, make special efforts for them, share their experiences, are sad for them, are happy with them. They even find their naughtiness has a curious appeal, and they reserve the sole right to be angry with them.

Parents' preference for their own children is quite irrational, having little to do with their actual qualities. This irrational love has to be experienced to be appreciated. When seen in others it can irritate. Before having their first baby a young couple can be puzzled by the behaviour of friends who have a child. These friends may have been level-headed and interesting to talk to, but after having a baby they seem to talk too much about their offspring and to plan their lives too much around him. They may appear over-anxious, over-protective, possessive, besotted, indulgent.

Not until the couple have a baby of their own can they understand the behaviour of their friends. They find themselves caught up in similar feelings which they could not have anticipated. They begin to be 'bonded'.

'Bonding' is increasingly recognized as a major force in keeping families intact, in safeguarding children from parental abuse and abandonment.

Mother and Baby

The bonding of mother to baby occurs most easily when conditions during and after the birth are right — when mother and baby are kept together, when the mother can see and touch the baby and answer to his needs, when there is the intimacy of breast-feeding, and when she has the love and support of her husband.

It is not only because she is the principal caretaker that the mother becomes deeply bonded. Within a day or two after giving birth, most mothers experience an upsurge of anxiety and tearfulness. The intensity varies from one woman to another. The anxiety springs mainly from hormonal changes triggered off by the birth; it serves Nature's purpose of safeguarding the baby by keeping the mother's attention focussed on him.

The mother is specially alert to the baby: she cannot ignore his cry, which she feels as much as she hears. Each time she answers the baby's need for attention, each time she comforts or feeds him, each time she holds him, has him look into her

eyes, has him curl his fingers around hers — she feels more necessary to him. The baby's survival depends upon the mother's care and this knowledge adds to her anxiety and to the tightening of the bond.

In the early days and weeks, the more opportunity she has of being the person who answers the baby's needs, who knows him better than anyone else, who is the one he depends upon more than any other, the quicker and stronger the bond will develop.

If breast-feeding is established this brings mother and baby closer still, partly because of the intimacy and partly because of the hours that are spent in feeding.

If hospital provisions and family support have kept the mother-baby couple together, by the time the heightened anxiety lessons (at around eight weeks) the mother is unreservedly 'in love' with her baby.

The Appeal of the Baby

At first the baby's contribution to the bonding of the mother is his appealing helplessness, but he soon has other means of drawing her to him. By about the third or fourth week (often even earlier) he begins to smile, then to gurgle and coo. Few adults can resist a smiling, babbling baby — least of all she who has waited nine months to give birth to him.

As the bonding deepens the mother is more and more convinced that hers is indeed a very special baby. Her pleasure and pride in caring for and 'owning' him, in sharing and facilitating his development, compensates for the disturbed nights and the setting aside of her own wishes in favour of the baby's needs.



Need for Early Contact

The foregoing account presumes a mother who has had a good confinement, early access to her baby, and a ready response to him. But bonding also occurs when the mother has had a bad confinement, perhaps coupled with a delayed response, or when the baby is ill or handicapped, provided contact between mother and baby is begun without too much delay.

Bonding of the mother will be interfered with if the baby is left in hospital without her. The better special-care units recognize that delay in getting parents and baby together can be detrimental to the baby's development and to the quality of the parents' relationship to him. For this reason they encourage mothers to stay with their premature, sick, or small babies, and to feed and handle them. Mothers who cannot stay visit frequently.

Father

Many a modern young father is in close contact with his baby. He shares in the baby's care and becomes deeply bonded. But the father's bondedness is unlikely to be as compelling as the mother's, because much of his day is spent away from home and his involvement with the baby is therefore less.

It is just as well that fathers do not become quite as bonded as mothers, since fathers have to go to work. They must be able to resist the baby's cry, and later the toddler who pleads: *'Don't go to work. Stay home with me.'*

But when necessary, for instance if the mother is ill, the father who has helped in the care of his baby is usually the best substitute for her.



Grandparents

Grandparents become bonded to a degree reflecting the amount and quality of their involvement. But except when they are the child's caretakers (for example during a mother's prolonged illness or when a mother is in full-time work) the bondedness of grandparents will be much less than that of parents.

A degree of grandparent bonding is useful in providing a safety net for the young family.

Adoptive Parents

The baby who is adopted in the first few weeks of life will stimulate feelings in the adoptive mother comparable to those of a mother who has given birth. Although the special level of anxiety caused by hormonal changes will not occur, anxiety will nevertheless be aroused by the helplessness of the baby and by her responsibility for keeping him safe and well. The cries and gestures of the baby are genetically designed to elicit pangs of love and concern, and as she cares for him the adoptive mother will be carried into a high degree of bondedness.

This indicates the importance of direct placement into the care of the adoptive parents, and is an argument against the common practice of using the intermediate care of a foster-mother or residential nursery. Adoptive parents are already at some disadvantage because the baby has not been born to them. Every week of delay in making the placement is a loss of important early experience leading to satisfactory bonding.

If the baby is taken over after the first year, bonding is likely to develop less strongly; and, because the adoptive mother has not been exposed to the irresistible appeal of the baby's behaviour in the first months, the bonding will lack something of the fullest commitment. In the year preceding placement for adoption the baby's ability to attach may have been impaired by multiple care in a residential nursery, or by the loss of a loved foster-mother.

Deferred placement for adoption is undesirable. With time and patience on the part of the adoptive parents, mutual affection between them and the baby can be built up; but the relationship is unlikely to be as deep and satisfactory as one developing from direct placement in the first few weeks of life.

Attachment

The Baby's Feelings for His Parents

Birth to about 6 months:

Everybody's Friend

The new-born baby cannot at first make sense of the world. But as his mother handles him day after day in familiar ways a pattern begins to emerge. Each time she picks him up he recognizes her smell and touch and voice, and soon learns that feeding or comforting follows.

Within the small world she thus creates for him the baby 'knows' the mother in these primitive ways, and in time she becomes the person he can distinguish from the more fleeting people who come and go.

At about three months he recognizes her face clearly, where previously he sensed only her familiarity, and he responds to her with greater animation than to others. But throughout most of the first six months the baby is friendly and smiling to everyone, and allows himself to be held by almost anyone.

It is part of the parents' pleasure in their baby at this time that his friendliness draws appreciative comments from acquaintances. But, generally friendly though he is, the baby is gradually developing a specially intense response to his mother.

About 6 months:

Fear of Strangers

At about 6 months his behaviour changes quite dramatically. He clings to his mother; he wants her and her alone, and cries when strangers approach him. She has become his haven of safety. Father and grandparents may find themselves shunned and avoided. Father can feel a pang of hurt that his baby is unwilling to stay with him, and the grandparents may be puzzled and even impatient that the cherub will no longer

sit beaming on their knees. The baby dislikes being apart from the mother, and cries if left in a pram outside a shop.

This is not a step backwards and the baby has not been 'spoilt'. The recognition of strangers is an important step in the baby's development.

During the previous months his mother had shared his pleasures and anxieties, tended him during illness, aided him in the gradual mastery of his body, understood his non-verbal communications. This and their physical closeness has established her as the most familiar person in his life, the person he enjoys most being with.

Now he is aware of the world beyond his mother, and for a time he is fearful of it and cannot cope. He therefore turns for safety to the person to whom he has become powerfully attached. Everyone else is for a time unwelcome.

This phase of 'stranger recognition' can be embarrassing and tiresome for the parents, but it is normal and necessary for good social and emotional development. It is a first step towards the child's ability to discriminate between strangers and those he loves, an ability to enter into enduring relationships in later life.

After about 9 months:

Making Real Relationships

The fear of strangers lasts from two to eight weeks, during which time the baby may have withdrawn even from the father. But by eight to nine months he will turn to him again in a more mature way of relating. The strength of the baby's attachment to him reflects the extent of the father's availability and involvement. Father is known and enjoyed, but is as yet less important than the mother because his role as a breadwinner usually means that he has a smaller part in the ongoing care. But the father becomes increasingly important as the months and years go by.

Gradually the baby makes a few other relationships to close family members, and perhaps to family friends, but always according to the extent of their involvement with him. His behaviour towards people outside the family is reserved. He is now acutely aware of the difference between intimate family, friendly acquaintances, and strangers. The blood tie has no meaning for him. His relationship to a near neighbour may be closer than to a distant grandmother.

By the end of the first year the baby is crawling and perhaps walking, curious about the world around him; bravely moving a

few yards away from the mother or father but speedily getting back to one of them as a place of safety if danger threatens, or if he is tired or hurt; friendly to familiar people outside the family but not indiscriminately so as when he was four or five months old.

After the first year

During the second and third years the importance of the child's attachment to his parents becomes clearer. In his relationship to them he begins to show 'giving' aspects of loving. He wants to share — even if it is only a corner of his sticky bun; he shows concern if he thinks a parent is hurt or unhappy, and wants to kiss them better.

He is beginning to love.

As he moves out of babyhood his parents begin to expect more grown-up behaviour, and because he loves them he tries to do what they ask of him. He is gradually expected to tolerate frustrations, to be toilet-trained, and to substitute language for impulsive action.

The child can accept these curbs because it is his parents who want this behaviour from him. He loves and wants to please them — wants to be in harmony with them, wants to be like them. The parents, because they are bonded to him, sympathize with the struggle within the child and give him time to comply; they are patient with backsliding, and give constant encouragement to his efforts.

At first he does what they ask of him only while they are there to remind him; but in time these codes of behaviour become his own and form the basis of his social behaviour outside the family.



What Happens to Bonding and Attachment?

There are many degrees of bonding, depending mainly upon the amount of the parents' involvement in the care of their child during the early years from birth. Some parents are unable to commit themselves deeply for personality reasons related to their own unsatisfactory childhood experiences; but in this book we are writing about the majority of ordinary parents who are capable of bonding fully to their children.

Parents who are bonded rarely act selfishly towards the child. His well-being takes priority, and whatever is in the child's interest feels right to them. They accept his love, tolerate his demands and failings, share his pain and pleasure — and get satisfaction from doing so. They may be sorely tried at times, but more than anyone else they are able to tolerate his growing pains.*

The child knows he is special to them, whether he is pleasing or not, well or ill, succeeding or failing. He unhesitatingly turns to them with his pleasures and miseries, confident that they will be there. He knows they are likely to see his point of view and give him the benefit of doubt before voicing critical comment.

They become the brick wall he can safely kick against. Impatient or angry though they may sometimes be, he recognizes that these are often signs of their concern for him.

His feelings about himself reflect his parents' feelings about him. The child whose parents value him values himself.

Parents usually carry these strong feelings throughout their lives — the love, the anxiety for their children's welfare and happiness. In a modified form these extend to their grandchildren. Bonding is a mature form of loving.

But the attachment of child to parents is an immature form of loving — unstable in the early months and years, with dependency as its main ingredient.

At adolescence, as the child achieves independence and moves towards adulthood, attachment to his parents lessens.

His feelings for his parents lose some of the earlier traits, and a caring attitude towards them eventually replaces the former dependency.

Having learned to love in his relationship with his parents, he marries and in due course bonds as deeply to his own children and becomes the object of their attachments.

So bonding progresses down the generations to promote the well-being of each new batch of babies.■

*A 6-year-old: 'Your mother has to love you in case no one else does.'

A 7-year-old after having been out to tea: 'She's a funny mother. She's nicer to other people's children than her own.'



**THE
CANADIAN SOCIETY
FOR THE
PREVENTION OF CRUELTY
TO
CHILDREN**

CSPCC CREDO

Recognizing that the capacity to give and receive trust, affection and empathy is fundamental to being human

Knowing that all of us suffer the consequences when children are raised in a way that makes them affectionless and violent, and,

Realizing that for the first time in History we have definite knowledge that these qualities are determined by the way a child is cared for in the very early years,

We Believe That:

I. The necessity that every new human being develop the capacity for trust, affection and empathy dictates that potential parents re-order their priorities with this in mind.

II. Most parents are willing and able to provide their children with the necessary loving empathic care, given support from others, appropriate understanding of the task and the conviction of its absolute importance.

III. It is unutterably cruel to permanently maim a human being by failing to provide this quality of care during the first three years of life.

There is an Urgency Therefore To:

I. Re-evaluate all our institutions, traditions and beliefs from this perspective.

II. Oppose and weaken all forces which undermine the desire or ability of parents to successfully carry out a task which ultimately affects us all.

III. Support and strengthen all aspects of family and community life which assist parents to meet their obligation to each new member of the human race.

"Some day, maybe there will exist a well considered and yet fervent public conviction that the most deadly of all possible sins is the mutilation of a child's spirit..."

Erik H. Erikson

If Our Credo Makes Sense To You...

JOIN THE CSPCC TO: Strengthen an organization that is dedicated to a renewed emphasis on the values of Trust, Empathy and Affection.

JOIN THE CSPCC TO: Learn more about the Prevention of Emotional Damage. Better preparation for parenthood, greater concern for proper care during pregnancy, obstetrical practices which facilitate bonding, a higher priority for the empathic care of infants, higher status for homemakers, and stronger community support for parents with young children and examples of such preventive measures.

JOIN THE CSPCC TO: Keep in touch with others who share these concerns by receiving the Society's journal EMPATHIC PARENTING regularly.

Child battering and other forms of bodily assault have this enormous advantage:

The attacker and the victim both know who is doing what to whom. The results are observable at the time the crime is committed, and the damage can therefore be treated.

In contrast to this kind of identifiability, the brutalizing of innocent minds often appears as **virtue** to the assaulter, as **care** to the victim, and as a strong sense of **duty** to any witnesses. No one sees a crime; the consequences appear years later as murder, rape, theft, alcoholism, chronic failure, or most often, plain and costly unhappiness.

A public bewildered by the social cost of these problems looks around for someone to blame, and can find only a victim who has long since forgotten how he was crippled.

Heart disease, alcoholism and smoking are now well known as social problems. Being known, and being visible, they are a small threat in comparison with the systematic mental crippling of children. Surely, also, the sum of human misery arising from disease can be no more than the frustration, self defeat and sadness passed on by one blinded generation of children to the next.

Morality has nothing to do with the urgent need to prevent psychological abuse. In a world menaced by its own need for self destruction, it is a matter of survival.

TRUST, EMPATHY, AND AFFECTION IN THE ADULT WORLD

by Al Farthing

I have read hundreds of books on human behaviour. Hundreds of people over the years have honoured me with enough trust to tell me their stories. Each story is unique, and each story is precious, and my reading and listening has educated me to listen for the stories behind the stories. "How do we get to be the people we are in adulthood?" Obviously, by all the people, the events, the happenings that we experience over a lifetime. Experience has also shown to me the truth that it is the happenings of the very early years of life that shape our souls most of all.

But even with this understanding it is still awesome to realize how mature, achieving, successful people — have been damaged for a lifetime by unkind things that have happened to them somewhere in the past. Horrible scars are planted in the unconscious mind, and cause many unwanted problems in the outer life. The cause remains baffling and mysterious because it is operating from a hidden, unseen place — the unconscious mind.

The way these scars have developed has something to do with the way in which a child perceives the world. Little children have scanty information about the world, and their place in it. What they cannot understand, they tend to fantasize about. Because of this, an angry shout from a parent becomes a threat — perhaps even interpreted as a death threat. A spanking from an angry parent becomes an attack on their being — perhaps a fear of such dimension that they feel their life is in danger. Being knocked down by an overly friendly dog can magnetize such terror into the inner mind, that dogs are forever feared as dangerous beasts.

Usually, such experiences are so painful that they are filed away in the unconscious, only to emerge in future years as fears, anxiety, or maybe even physical symptoms. Therapy is often helpful in repairing the old scars that have been laid down by such forgotten hurts.

I say this not to create guilt in those of us who have raised children. Undoubtedly, we have all said things to our children, and done things, that have caused them a great deal of suffering. We are not perfect people — and we have all made many mistakes along the way in our parenting; usually not because of our meanness, but because of fatigue, worry, the fear of being bested by a three year old — those kinds of things.

Rather than creating guilt, which is useless and cruel — I want us all to become more aware of the need for simple kindness in our dealings with all people. I want to make it clear that our words, actions, even looks — have a profound effect upon the people around us! Children most of all, because they are still so formative — but through all the other stages of life as well, for in a very real sense, we are always being formed and reformed!

Now here it is, very plain and simple. When we act or speak with kindness, it reassures and strengthens and affirms the souls of the people, and even the animals, around us. On the other hand, when we speak or act with unkindness — it scars the souls of other living beings. Not only that, it scars them in such a way that their minds, emotions, and bodies are often damaged. Confidence is weakened, and the person retreats behind walls of some kind.

Because of the scars that have been burned into our own souls, we have unthinkingly burned scars into the souls of our own beloved children, our friends, and our mates. We hardly ever mean to do it: We hardly ever "mean to be mean" — it just seems to jump right out of us, and often leaves us as puzzled and hurt as the one we scar with our unkind words or actions.

"Be kind, and tender hearted to one another..." If we could all embody, and live out those words — most all of the social problems that are weighing us down, would disappear overnight. Most of them spring from the lack of simple kindness.

Rev. Farthing, a frequent contributor to the Journal in the past, is a Presbyterian minister and a highly regarded pastoral counselor - ETB.

SOME THINGS YOU CAN DO TO HELP

1. Become Better Informed about PREVENTION:

- **Read important books:** For example, "Who Cares" by Penelope Leach, "Every Child's Birthright" by Selma Fralberg, "A Baby in the Family" by James and Joyce Robertson, "The First Three Years of Life" by Burton L. White.
- **Preview the best films:** For example, "We Were Just Too Young", "John", "Emotional Development: Aggression", "Rock-a-bye Baby", "Amazing Newborn", "Victims", "Child's Play", "Child Abuse - Cradle of Violence", "A Chain to be Broken", "Newborn - Birthright".

2. Learn what already exists in your community to PREVENT child abuse:

- What parenting education is given in your schools?
- Is there a Family Planning Centre or Clinic in your community?
- What proportion of parents of all births in your community have been offered pre-natal classes?
- What birthing practices are followed in your hospital?
- Is there a La Leche League Leader or Group in your community to provide breast feeding information?
- Is there a Childbirth Education Association in your community?
- Are there Parent & Child Groups (See CSPCC Journal Sept. 82) available within walking distance of all pre-school children?
- What parenting materials — books and films does your public library have?

3. Volunteer your Services:

Ask if there are things that you can do as a volunteer to help your Public Health Nurses or Children's Aid Society with their Child Abuse Prevention programs. For example: distributing literature to doctors' offices, visiting shut-in mothers.

4. Some Activities:

- Let your School Board know you support parenting education programs.
- Distribute books and literature to expecting parents.
- Organize the showing of some of the important films (above) in your community or on your cable T.V. or make them available to teachers who might like to use them.
- Initiate the development of Family Planning Information Centres, Pre-natal classes, and Parent and Child groups in your community if they do not exist.

5. Support the CSPCC:

- Let the secondary school teachers in your area who are responsible for parenting education know about the CSPCC Journal, Student Reprints and Films available from the CSPCC.
- Distribute the information pamphlet "About the CSPCC" in your community.
- Let your local television station know you appreciate their use of the CSPCC Public Service Announcement.
- Make the CSPCC-Rotary video tape "The Greatest Cruelty" available to your secondary school or public service groups.
- Organize fundraising activities on behalf of the CSPCC.

6. In General:

- Support activities that enhance Trust and Affection amongst adults.
- Speak up for the empathic care of infants whenever the opportunity arises: with friends, at meetings, on committees, at coffee break — wherever it's appropriate. You won't be believed, and others will carry the day, win the argument, pass the motion, make you feel old fashioned and out of it, but speak your mind — and heart — anyway: quietly, even haltingly and uncertainly on behalf of those who can't speak for themselves.

Thanks for your financial support...

ON FREE MONEY

"...Generally when you approach a foundation they are friendly and half-receptive. They consider your project promising if a little naive, and they'd like you to write up a proposal on it. You spend a month learning how to write proposals and a month writing this one. They keep it six months. Your idea has died of dry rot. Then they request that you re-write the proposal to accommodate (whatever) and it might go through the next time the board meets. Do this three times and YOU have died of dry rot..."

"I don't know why government money is so often toxic to projects. Maybe because the process becomes so easily dishonest. Do me no favours, and I'll tell you no lies. Or is it the belief that there's such a thing as a free lunch that is the root lie?"

Stuart Brand
Whole Earth Catalogue

The Foundation money we have received has been so "stringless" and so directly and rapidly given in response to the specific need we have asked to be filled that our experience is clearly an exception to that described in the comments above.

Our experience with Canadian Corporations has been that the people in them, often up to, or close to, the Chief Executive Officer, have shown an interest in and encouragement for the work of the CSPCC to an extent that one would not ordinarily associate with the popular image of a Corporation.

Some of the Corporations that have supported the CSPCC have preferred to remain anonymous — the others are listed below. To all of them we extend our thanks on behalf of the children of tomorrow who will be better off because of the preventive work they have financed.

Not listed here are all the Members of the Society whose contributions through fees and donations keep the CSPCC alive and growing.

Air Canada
Albert & Temmy Lather Family Foundation
All-Way Transportation Company
Avco Financial Services
Bakelite Thermosets Limited
Bank of Nova Scotia
Bata Retail
BCL Canada Inc.
Bell Canada
Berkey Photo (Canada) Limited
Boise Cascade Canada Limited
Bonar Packaging Ltd.
Borden Company Limited
Brascan Limited
Brewers Warehousing Realty
British Airways
Brown Boveri Howden Incorporated
Budd Canada Incorporated

Bundy of Canada
Burmah-Castrol Canada Limited
Burroughs Canada
Burroughs Wellcome Inc.
Campeau Corporation
Canada Cartage System Limited
Canada Dry
Canada Malting Co. Ltd.
Canadair Limited
Canadian Imp. Bank of Commerce
Cantol Limited
Canvil Limited
Capital Land Developments Ltd.
Carling O'Keefe Breweries
Caruscan Corporation
Cardinal Coach Lines
Cascade Group
CBS Records Canada Ltd.

Challenger International
Clairol Canada
Clark Equipment of Canada Ltd.
Classic Bookshops Limited
CNCP Telecommunications
Coca-Cola Ltd.
Coles Book Stores Limited
Craig's Machine Shop Ltd.
Crown Cork & Seal Canada Inc.
Crush Canada Limited
Dalfen Ltee.
Datacrown Incorporated
Davis Controls Ltd.
Dome Petroleum Limited
Dominion Stores Ltd.
Dorr-Oliver Canada Limited
Du Pont Canada Inc.
Dustbane Enterprises Ltd.
Eaton Yale Limited
Ecodyne Limited
Economical Mutual Ins. Co.
Eddie Black's Limited
Emhart Canada Limited
Estee Lauder Cosmetics Ltd.
First City Financial Corp.
Florence Hallum Prevention
Four Seasons Hotels
Foxboro Canada Inc.
Gandalf Technologies Incorp.
GEAC Computers International
Gendis Incorporated
General Motors of Canada Ltd.
Global Investment Corporation
Global Upholstery Company Ltd.
Grand & Toy Limited
Gross Machinery & Supply Company
Halifax Insurance Company
Hallmark Cards
Hammond Manufacturing Company
Hawker Siddeley Canada Inc.
H.J. Heinz Company Limited
Hobart Canada Inc.
Hoechst Canada Incorporated
Hy's of Canada Limited
IEC-Holden Inc.
IGA Canada Ltd.
Imasco Limited
Indal Limited
Intermetco Limited
Ipsco Incorporated
John Deere Limited
Johnson Matthey Limited
Jordan & Ste. Michelle Cellars
Josco Holdings Limited
Kitchens of Sara Lee Canada
Kraft Limited
Kruger Incorporated
Lawson & Jones Limited
Lawton's Drug Stores Limited
Leo Burnett Company Ltd.
Livingston International Inc.
Loeb Incorporated
Manufacturers Life Insurance
Manville Canada Inc.
Maple Leaf Mills Limited

Marathon Realty Company Ltd.
Marks & Spencer
McGraw-Hill Ryerson Limited
MDS Health Group Limited
Metroland Printing & Publish.
Metropolitan Life
Mike's Milk Store Division
Miron Incorporated
Mohawk Oil Company Limited
Molson Company Donations Fund
Montreal Trust Company
Nacan Products Limited
National Life Assurance Company
Norcen Energy Resources Ltd.
Northern Telecom Limited
Norton Simon Canada Inc.
Ocelot Industries Ltd.
Ogilvie Mills Limited
Pacific Western Airlines Ltd.
Peerless Rug Limited
Petro Canada
Pfizer Canada Inc.
Philips Electronics Ltd.
Pocklington Financial Corp.
Proctor Silex Canada Limited
Raymond Salons Limited
RCA Inc., Insurance Dept.
Robin Hood Multifoods Inc.
Royal Bank of Canada
RoyNat Limited
Sandvik Canada Corp.
Schlumberger of Canada
Scholl (Canada) Incorporated
Shell Canada Limited
Simplot Chemical Company
Sobeys Stores Limited
Southam Communications Ltd.
St. Laurent Cement Company
Steinberg Realty Limited
Sulpetro Limited
Syncrude Canada Limited
T'ang Management Limited
Teleglobe Canada
Texaco Canada Incorporated
The Brick Warehouse
The Co-Operators
The Prudential Assurance Co.
The Prudential Insurance Co.
The Tippet Foundation
The Pascal Family Foundation
The Toronto Dominion Bank
Thomas J. Lipton Incorporated
Toromont Industries Ltd.
Travelers Canada
True Temper Canada
TRW Canada Limited
UAP Company
Ultramar Canada Inc.
United Canso Oil & Gas Ltd.
Via Rail Canada Incorporated
Volvo Canada Ltd.
Walbar of Canada Inc.
Westmin Resources Limited
Xerox of Canada Incorporated
Yamaha Motor Canada Ltd.

FINANCIAL STATEMENTS

April 30, 1984

AUDITORS' REPORT

To the Directors of
Canadian Society for the Prevention
of Cruelty to Children

We have examined the Balance Sheet of The Canadian Society for the Prevention of Cruelty to Children as of April 30, 1984 and the Statement of Financial Activities for the year then ended. Our examination was made in accordance with generally accepted auditing standards and accordingly included such tests and other procedures as we considered necessary in the circumstances.

In our opinion, these financial statements present fairly the financial position of the Society as at April 30, 1984 and the results of its financial activities for the year then ended in accordance with generally accepted accounting principles for non-profit organizations applied on a basis consistent with that of the preceding year.

Midland Ontario
September 4, 1984

McCready & Shirriff,
Chartered Accountants

Balance Sheet
as at April 30, 1984

	1984	1983
Assets		
Current assets		
Cash	\$ 25	\$ 25
Bank - current account	298	634
Bank - savings account	490	5,092
Prepaid rent	250	-
Inventory (note 3)	2,000	
	3,063	5,751
Fixed assets, at cost (note 1)		
Office equipment	5,735	1,457
Library	235	235
	5,970	1,692
Less: Accumulated Depreciation	1,839	806
	4,131	886
	\$ 7,194	\$ 6,637
Liabilities and Equity		
Operating section		
Accounts payable and accruals	\$ 800	\$ 667
Surplus, operating section	2,263	5,084
	3,063	5,751
Equity in fixed assets		
Balance beginning of year	886	1,108
Add - additions charged to operations	4,278	
	5,164	1,108
Less - depreciation	1,033	222
	4,131	886
	\$ 7,194	\$ 6,637

Canadian Society for the Prevention
of Cruelty to Children

Statement of Financial Activities
Operating Section - General

	Year Ended April 30	
	1984	1983
Support		
Membership fees and donations	\$ 37,907	\$ 39,041
Muttart Foundation (note 2)	6,300	
Midland Rotary Club	-	5,000
McDonald's Restaurant (note 5)	-	1,668
Sale of publications and tapes	1,344	862
Interest income	182	168
	45,733	46,739
Expenses		
Salaries and consulting fees	13,053	10,475
Publication costs - Journal (note 4)	11,404	15,718
Postage	1,712	1,592
Public information - brochures etc	2,716	1,520
Office supplies and printing	2,133	1,278
Computer operating costs	1,481	1,188
Equipment rentals and maintenance	2,852	3,563
Equipment purchases (Note 1)	4,278	
Office rent	2,760	2,560
Telephone	1,185	1,476
Legal and audit	525	400
Committee for tomorrows' children (note 5)	-	1,670
"The Importance of Substitute Mothering" (notes 2 & 3)	4,455	
	48,554	41,440
Net revenue (loss) for the year	(2,821)	5,299
Surplus (deficit), beginning of year	5,084	(215)
Surplus, end of year	\$ 2,263	\$ 5,084

Canadian Society for the Prevention
of Cruelty to Children

Notes to Financial Statements
April 30, 1984

1. Accounting policies

The Society follows generally accepted accounting principles for non-profit organizations which include the following:

- a) Membership fees and donations are taken into revenue in the fiscal year received.
- b) Inventory is recognized only of items purchased for resale and does not include supplies or reprints on hand.
- c) Fixed assets are charged to operations in the year acquired. However, to recognize the value of equipment on hand, the equipment is capitalized and depreciated on a 20% diminishing balance basis with an offset to "equity in fixed assets account".

2. "The Importance of Substitute Mothering"
The Muttart Foundation of Edmonton donated \$6,300 to fund the reproduction into cassettes of a film entitled "The Importance of Substitute Mothering." Two hundred copies of the film were reproduced to be sold to schools at a nominal fee of \$15.00 each.
3. Inventory
An amount of \$2,000 was removed from the total cost of the film reproduction (note 2). This amount represents the realizable value of cassettes in stock at April 30, 1984.
4. Journal Costs
It should be noted that during the fiscal year ended April 30, 1984, four Journals were produced as compared to six in the previous year.
5. In June, 1982, Blackwell Family Restaurants (McDonald's Restaurant - Midland) as a special project, raised \$1,668. Under this project a committee was formed and headed by John Powell to review and report on existing audio visual material available on child abuse prevention.
6. Computer and word processing equipment previously leased was purchased in January, 1984. A second unit is now being leased at an annual rental of \$1,500.

A BRIEF LOOK BACK, AND AHEAD - SEPTEMBER 1984...

To be involved with an organization which is steadily growing is inherently satisfying. Paid membership in the CSPCC is currently 1745, with members in every province of the country. Of particular satisfaction is the large number of secondary school libraries receiving the Journal — 991 at last count. The number of members renewing as Supporting Members (\$25.00 per year) is exceedingly gratifying, not just because it helps in a very real way to cover costs, but because some people are able to use that means to give us a clear indication that what we are doing is important to them.

We take some satisfaction in the fact that publication of our Journal is now in its eighth year. To date also, we have distributed some 10,000 copies of Student Reprint #1 and 8,000 copies of Student Reprint #2 to secondary school teachers who have requested them. Over sixty schools are now using the videotape "The Importance of Substitute Mothering", made available through the CSPCC thanks to funds donated by the Muttart Foundation. There are still copies of "The Greatest Cruelty" being circulated and copied. This is the 30-minute videotape about the CSPCC produced by the Midland Rotary Club and McLean Hunter Cable T.V. The response from users of this tape has been most gratifying indeed.

In November, 1983 we moved our office for the third time in eight years because of the need for additional space. Now, at 246 King Street we have a large storage area which is crammed full of volunteers (ably led by my wife), sorting, bundling, labelling, tagging and bagging the second class mailing of the Journal every three months. In that same connection, I want to say that the staff and postmaster of the Midland Post Office have been consistently most helpful in our frequent dealings with them. Our new quarters also give us a small office for the part-time secretarial assistance which has become a necessity in addition to June Jenkinson's full time services. June, who is actually the mainstay of this organization, is the person to contact if you really need something!

I am pleased that the paper I was invited to present at the Second World Congress on Prison Health Care, entitled **Prisons, Psychopaths, and Prevention** was so well received. I am also pleased that a paper for the Fifth International Congress on Child Abuse - **Consumerism, Arbitrary Male Dominance and Daycare** has been accepted for presentation.

In the immediate future we plan a trial distribution of the Journal to selected newsstands across the country, distribution of a new 16-page pamphlet written specifically for grade 8 level students, and a third 16-page Reprint from the Journal for distribution in doctors' offices and prenatal classes.

I want to thank all of you for your continued support in this most important of all work.

Elliott Barker
President

THERE IS NO MORE URGENT TASK

If we start with the premise

that the reasons behind the increase in human problems, that is the deeper causes of the problems that threaten society, are still today known to only a small circle of experts.

If we start with the premise

that disturbances in the early phases of maturing, through neglect and emotional deprivation, lack of security as well as physical abuse are again and again the main cause, if not the only cause of: childhood neuroses and misbehaviour, of learning and behaviour disturbances, of social adjustment difficulties and social maladjustment, of being prone to alcoholism, drug dependency and suicide, and of having the tendency for violence and brutality to the point of criminality and terrorism.

If we start with the premise

that these disturbances in the maturing process cause not only considerable human suffering, but also constitute an ever increasing burden to society as a whole;

If we start with the premise

that the consequences of these disturbances use up large sums of funds which are then lacking for more constructive endeavours,

If we start with the premise

that the elimination of these disturbances at source, i.e. through prevention, costs only a fraction of the cost of their cure at later stages,

If we start with the premise

that the prevention of these disturbances is relatively easy, and that repair at a later stage is extremely difficult, if not impossible,

THEN WE MUST COME TO THE CONCLUSION

that for all those who feel responsible for man as an individual or society as a whole, there is no more urgent and hardly more rewarding task than to work for the protection of the child during early development.

In order to cope with the tasks resulting from this responsibility, like-minded organizations and groups formed the German League for the Child in Family and Society, a society for action against early childhood deprivation.

It is also the goal of this organization to effect a change of attitude in people towards children and families in order to bring about gradual changes in their behaviour toward them. The loneliness and neglect of our children which seems to have coincided with our prosperity, must be fought with measures touching upon almost all areas of our lives.

Excerpted from the book "THE BEGINNING OF LIFE IS DECISIVE FOR A LIFETIME" by Dr. K.G. Conrad, 1st Vice-President of the German League for the Child in Family and Society. Translation courtesy Clara Schmitz.

Invariably the Response has been one of total attention...

The following excerpt is from **The Times of London**, Educational Supplement.

"I should like to draw the attention of other teachers who are taking courses which include a study of child development to a series of films by James and Joyce Robertson of the Tavistock Institute of Human Relations, London.

"Although these films were made for teaching in the hospital and child care professions, I know that some schools are using the films and find as I do, that they have a strong appeal to 15-year olds and over, and stimulate thought and discussion about family relationships...

"...I have shown all the films at different times to different groups during a period of five years. Invariably the response has been one of total attention, and afterwards very thoughtful questions and discussion. I came to realize that there were two other aspects of importance in showing the films to 15-year olds and over. First there is the care with which these situations are set up, sufficient surely to refute those who seem to think that such research is not scientific. Second there is the attitude of deep respect for the child as a separate individual combined with the quality of loving care given to the children by the Robertsons, which impresses itself on the viewer. It can, in fact, be an eye-opener to those whose experience as children has been unhappily different.

"It is important for the teacher to have seen the films and studied the booklets first; they always arrive in ample time for this. Adequate discussion afterwards is also essential not only for maximum benefit but to avoid possible misunderstandings or anxieties..."

The complete research project, of which the films referred to above are a part, was carried out at the Tavistock Child Development Research Unit, and is described in detail in *The Psychoanalytic Study of the Child*, Volume 26, pp. 264-315 (1971) Robertson, J. and J., *Young Children in Brief Separation: A Fresh Look*.

The CSPCC in co-operation with James & Joyce Robertson, is distributing a 21-minute ½ inch VHS videotape which vividly contrasts the central themes of two of the five full length films. It is available to Secondary Schools in Canada, along with 16-page Film Guides, for a total cost of only \$15.00, thanks to the generosity of the Muttart Foundation of Edmonton, and VTR Productions Limited of Toronto.

What follows on the next five pages was prepared by the Robertsons as an example of the kind of information that should be conveyed to students before they see the film, in order to give them some criteria to use when viewing it.

AN INTRODUCTION TO THE FILM

Aim to give a simple sequence of concepts about the nature and emotional needs of infants and very young children.

1. Before running this film I would like to set out a few simple propositions about the nature of very young children, and why the way we treat them can affect their personalities in later life.
2. Infants and very young children are helpless and immature beings who depend upon adults for their survival. They are at the mercy of our attitudes to them.
3. Above all, the very young child needs to be in a close and continuous relationship with a mothering person. This is the kind of care the young child gets in the ordinary "good-enough" family, where the mother is at home and looks after her child.
4. Mothers not only 'love' their children in the sense of being affectionate. They also perform a range of functions which are essential to the child's well-being, and ensure his or her good social and emotional development.



JOHN, 17 Months: For 9 Days In a Residential Nursery

5. There are many of these caring functions, but two in particular are of importance to note to better understand this film.
 - a) The ordinary mother intuitively recognizes the cues for attention offered by her infant, and responds appropriately to them. Long before the infant can say what he wants, the mother gets to understand the meaning of each sound, each facial expression, each gesture - and is able to respond to what the infant needs. Because there is always someone there who cares, understands, and soothes his discomforts, the child feels **loved and understood**.
 - b) The mother keeps the world safe for her young child. She stands as a barrier between her child and the environment, preventing impingements from reaching him which are greater than he can cope with. (Watch a mother in the supermarket with her toddler. As she scans the shelves for bargains she also has an eye on the toddler, all the time making sure he is safe and not frightened.) As the child develops and matures she allows him to deal with more and more by himself - but she is always ready to intervene if need be. The child feels **loved and protected**.
6. The child who has this understanding and security in the first few years has instilled in him:
 - a) a sense of **SELF ESTEEM** (a sense of self worth which comes from being loved and understood).
 - b) a sense of **BASIC TRUST** (good expectations which come from being loved and protected).

This fortunate child will carry into later life the sense of Self-Esteem and Basic Trust which are of fundamental importance in establishing and maintaining mutually satisfying relationships with others.

7. By the time a child is about three years of age his developing abilities have come together to give him a measure of autonomy and maturity. He can talk, can understand explanations, has a sense of time, knows who he is and who he belongs to. He can, for instance, cope well with being in a nursery school for a few hours.

8. But in the first few years he is a FRAGILE ENTITY - a cluster of immaturities held together by the love and protection of his parents.

9. The very young child cannot stand alone. He needs support and reassurance. This he usually gets from his mother, and separation from her is always upsetting.

10. If he loses the care of the mother he needs URGENTLY to be put into the care of **one** person who will act as a mother to him - someone who will stay close to him, who will understand his needs and keep him safe, and who will always be available when he wants to cling and be comforted.
11. If a very young child loses the care of his mother, and if no one takes over the mothering care, the child will become acutely distressed to a degree that is dangerous for his development.
12. This is what we are going to see in this film entitled "The Importance of Substitute Mothering". At age 17 months JOHN is developing well. He is part way towards achieving Self Esteem and Basic Trust within the love and security of his parents' care. But when he goes into a residential nursery, while his mother is in hospital, this good development is lost. The nurses are cheerful and friendly but the system of care fails JOHN in his greatest need. No nurse is appointed to mother him, so he becomes more and more distressed.
13. Two additional and important points about JOHN are:
 - (i) note that the way he copes for the first two days, expecting a nurse to mother him as his mother had done, shows that he had been well mothered and thus has good expectations.
 - (ii) note that the shattering fact about this experience for JOHN is that it has cut across the developing good relationship with mother and father, and has seriously shaken his Self-Esteem and Basic Trust. This can leave a legacy for later years of lowered Self Esteem and doubts about other people's dependability - even those he loves.

At the end of the 13 minute portion of the film dealing with JOHN, there is a suggestion that the tape be stopped at this point to discuss what they have seen so far. The remainder of the tape deals with JANE.

JANE (8 minutes)

To show that JOHN's distress need not have happened, you will now see a few scenes from a contrast film also made by the Robertsons.

JANE, 17 months old, is the same age as JOHN and her mother too goes to the hospital. But whereas JOHN was looked after by changing nurses JANE is put into the care of one person - Joyce Robertson - who acts as a mother to her. Note the difference in JANE's behaviour, and in the outcome at the end.



JANE, 17 Months: In Foster Care for 10 Days.

DISCUSSION PERIOD

It is clear that although JANE was made anxious by the separation she was not overwhelmed as JOHN was.

Care by a substitute mother kept JANE's experience of mothering at a high level; it also kept good expectations of her mother - hence the good reunion.

But as is said at the end of the film, although care by one person greatly reduces the stress of separation it must not be thought that this gets rid of the dangers. Despite good care, the break in continuity of care by the mother is undesirably stressful for the young child. So every effort should be made to avoid separations for the young child; one solution at the stroke of a pen would be to finance families so that economic hardship would not force mothers to go to work and leave their young children in day care or dally fostering. Another, of course, is to encourage mothers of young children to stay home even when this means fewer luxuries. The greatest luxury is to see one's children develop well the best possible social and emotional health.

This is how psychopaths are made...

FOR VIEWERS OF FULL LENGTH JOHN ONLY

This film is about JOHN but look also at the other children in the background who have been in the institution from the first weeks of life; and who have never had mothering care. At first glance the other children seem bright and cheerful, happy and uncomplaining. But as the film goes on it is clear that their aggressive and uncaring behaviour is not normal.

These children have been in the residential nursery since a few weeks old and have never known a loving relationship. No one has ever anticipated and met their needs, as a mother would do; so even at this tender age (all are under 18 months) they depend on themselves for their satisfactions - they snatch what they want, not expecting to be provided for.

They have no relationships. They never laugh with joy, or cry with sadness. They laugh or cry only when they snatch or are snatched from. They never react to the arrival or departure of a nurse, because they are not attached to anyone.

They lack concentration or the ability to play constructively. JOHN is the only child in the film who is seen to play.

This combination of lack of relationships, aggression, poor concentration is of ominous prognosis for their adult development. This is how psychopaths are made.

After a showing of full length JOHN, some angry questions are common, e.g. "why did Mrs. Robertson sit there and do nothing to help JOHN?" The film shows only four minutes of each day of JOHN's life in the nursery, and James Robertson's camera is focussed on JOHN's behaviour, not on what Joyce Robertson is doing. These four minutes give no grounds for commenting on the attitude of the Robertsons to JOHN. But when viewers are upset by JOHN's distress they sometimes feel they have to attack the Robertsons without real cause.

The other films in the series (JANE, LUCY, THOMAS, KATE) focus on the caring behaviour of Joyce Robertson and the good state in which the children are kept. It is important to see at least one of these full length films in addition to JOHN.

"THIS DOES NOT HAPPEN IN CANADA"

Do not be so sure. But first remember that the film is about how a young child reacts if he loses his mother and then is looked after by changing nurses who do not/cannot mother him. If we hold on to that concept we must accept that very young children can have that experience in many day nurseries and that their distress and deterioration may go unrecognized as it was not recognized in JOHN's nursery.

Also, if a very young child goes into hospital alone, without mother, and there are changing nurses as is common, he will also become very distressed. Sometimes this is misunderstood and it is thought that the distress is caused by the illness - not by the lack of mothering care, as is seen clearly in the JOHN film.

PARENTS SENSIBLES

Journal de la Société Canadienne
pour la Prévention de la Cruauté envers les Enfants

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LA LIBERATION DES HOMMES

"...Je voudrais suggérer que la domination male arbitraire est non seulement destructive aux femmes et aux enfants, mais aussi aux hommes. Ceci est une chose que peu de gens reconnaissent. J'ai trouvé deux livres par Herb Goldbert - "The Hazard of Being Male (Les hasards d'être male) et The New Male (Le nouveau mile) qui, je pense, sont particulièrement. Il est maintenant plus acceptable pour les femmes de développer leur auto-détermination qu'il est pour les hommes de reconnaître et explorer leur monde intérieur et leurs émotions et vulnérabilités. Toutes les discussions sur le rôle traditionnel et la femme (le mouvement de libération de la femme) a accru le choix de mode de vie des femmes, qu'il soit traditionnel ou non. Mais la plupart des hommes (et femmes) ne sont pas encore libérés des rôles des hommes.

Pour atteindre les buts de la SCPSS, je crois que nous devons encourager et soutenir la libération des hommes. "Oui, les enfants ont besoin de la présence de leurs mères, mais ils ont aussi besoin de leurs pères. Un père incapable de montrer ses émotions et qui est toujours parti ailleurs à "faire de l'argent" ne peut donner à ses enfants ce dont ils ont vraiment besoin. Et je crois qu'il n'obtient pas, lui non plus, ce qu'il veut et nécessite."

Wendy Bergerud
see page 4

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Recognizing that the capacity to give and receive trust, affection and empathy is fundamental to being human.

Knowing that all of us suffer the consequences when children are raised in a way that makes them affectionless and violent, and;

Realizing that for the first time in History we have definite knowledge that these qualities are determined by the way a child is cared for in the very early years.

CREDO



WE BELIEVE THAT:

- The necessity that every new human being develop the capacity for trust, affection and empathy dictates that potential parents re-order their priorities with this in mind.
- Most parents are willing and able to provide their children with the necessary loving empathic care, given support from others, appropriate understanding of the task and the conviction of its absolute importance.
- It is unutterably cruel to permanently maim a human being by failing to provide this quality of care during the first three years of life.

THERE IS AN URGENCY THEREFORE TO:

- Re-evaluate all our institutions, traditions and beliefs from this perspective.
- Oppose and weaken all forces which undermine the desire or ability of parents to successfully carry out a task which ultimately affects us all.
- Support and strengthen all aspects of family and community life which assist parents to meet their obligation to each new member of the human race.