



SPRING '80

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The Journal of the

**CSPCC**

Canadian Society for the Prevention of Cruelty to Children

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

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"... There are many under-3s in shared care (day nurseries, child minders) either because the State will not subsidise the family or because (more difficult to bring to rational discussion) even women in the psychological and social science professions may push aside their knowledge of the importance of continuity of care for their young children in order to get on with their careers — putting their young children for substantial parts of the day in the care of others, then employing familiar rationalisations to show that what is convenient for them cannot be bad for their children. I think this is one of the sources of ambivalence within the professions about making an absolute priority of providing for the emotional needs of infants and young children... .

"We believe from experience that considerable influence is exerted by professional women working in television and other media who wish to work and have therefore to share their children; and that even in progressive mental health and pro-child movements this often unconscious factor can lead to something short of total commitment to putting first the emotional needs of children when very young... .

"But of course all is not gloom. There are many, many young mothers who although with university degrees contentedly look after their young children — knowing this is not a lifetime chore, but for a few years only after which they will gradually return to work. And there are many such, quietly getting on with parenting in company with their husbands — but of course not hitting the headlines since they are not fighting for 'rights' ...."

James Robertson  
Director, Robertson Centre  
London, England

**"We should start with the idea of restoring value and significance to the idea of nurturing, recognize that all our children need it, and create programs and institutions that will help us give it to them.. .  
If we're worried about the cost, we might look at it this way: The less care a child has in the early years, the more society will have to pay for it later on."**

Naomi Chase

## THE CSPCC

### WHAT IS IT

### HOW TO JOIN

### HOW TO GET THE JOURNAL REGULARLY

The Canadian Society for the Prevention of Cruelty to Children is an independent, non-governmental, non-profit, federally incorporated organization which is supported financially by Membership Fees and Donations from individual Canadians who share the concerns of the Society.

Our premise is that the worst of all possible cruelties is to permanently damage a human being emotionally. By emotional damage we mean not only the presence of some degree of mental illness but the absence to some degree of the capacity for Trust, Empathy, and Affection.

Given the evidence that such 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.

Prevention, rather than treatment after the damage is done, is the objective of the CSPCC. 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 are examples of such preventive measures.

Increasing the number of members in the Society and thereby the readership of the Journal 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.

Annual membership in the CSPCC is ten dollars. Three year membership is twenty-five dollars. Life membership is one hundred dollars.

The Journal of the CSPCC, which is published four times a year (February, May, August, and November) is mailed without charge to all CSPCC members.

Cheques or money orders should be made out to CSPCC and mailed to CSPCC, Box 700, 298 First Street, Midland, Ontario, L4R 4P4. All membership Fees and Donations are income tax deductible.

On receipt of your membership fee, your Membership Certificate, Official Receipt for income tax purposes and your first copy of the Journal, beginning with the current issue, will be sent to you.

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# Letters

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## TELEVISION AND KIDS

Dear Dr. Barker:

... "By the way, our family have been raised without television. The outcome has been terrific. They are all highly motivated individuals who have always made their own fun, read a lot and enjoyed each others company. The teenagers at high school were told by some of their friends that they are a weird family because they all get along so well together. I honestly feel that T.V. is the ruination of many people, however, I must admit that I had always expected to have to buy a set for the children but this has not come to pass. They are too busy with school work, sports, music and just being themselves."... .

Yours very truly,  
Edith Lindhorst,  
Collingwood, Ont.

## LICENSING PARENTS

Dear Dr. Barker,

The Winter 80 Journal arrived in the mail today — found it was interesting reading as usual. I wanted to respond to the article by Bergman on "Licensing Parents" and Sumerville's response.

Being a professional parent is an important concept to me [I use "Pro Parent: Programs for parents who are pro-kids" in my work] and therefore a licensing concept has some attraction to me. But having thought the concept through many times, I have always concluded that `licenses' would be a negative and unworkable concept.

Sumerville in his response mentioned the main problem — a parent license in effect would relate to sexual intercourse, not to the act of being a parent. I believe that every child should be a wanted child, but I would find eliminating `unlicensed' intercourse and/or pregnancies (elimination by force?) very abhorrent. Certainly we need to be doing all that we can to encourage responsible choices for parenting — planned and wanted parenthood! More information on birth control methods and options, sexuality education in schools, and so forth directed at teens and young adults would be a start [more support needs to be given to Planned Parenthood of Canada in their work in this area].

Another problem is that we already live in an over-credentialed society as it is. More paper credentials for parents are not what is needed! What is needed is giving parents recognition and value. Certainly we have some licenses that are related to specific skills (ie. a driver's license); but being a parent is more than just acquiring a set of skills (not that skills are not important). It is also a matter of attitude and commitment, which are very difficult to measure in the abstract or `before-the-fact'. If it was just skills or the right method, we could use robots as parents.

Much of what Bergman was stating in his article is true. We need to be doing more to ensure that each child has capable parents — parents with knowledge and skills **and** commitment to that child. But licensing parents will not accomplish that. What is needed are recognition, encouragement, support, and resources. None of these exist at the level needed for healthy parenting.

Recognition by society that parents are needed, and are important, and are capable. This would mean that the other institutions that deal with children would not view parents as `dummies', but as partners. Even more than just recognized, parents need to be valued. Being valued in our society unfortunately means money. Consideration could be given to paying parents (family allowances, child tax credits?). It is this issue of valuing parents by paying them a wage that will lead to the licensing question more than any concern about the quality of care.

Encouragement that a parent does not have to be perfect, but can improve on the things

# Letters

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he is already doing right as a parent. Incentives can be used to help unskilled or unknowledgeable parents to take classes, to learn skills, or to increase knowledge. One incentive would be to make such activities an accepted, normal thing to do — through increased advertising, to mention one example.

Support that would lessen the isolation of the parent. This can range from men taking on a more active parent role to better day care arrangements to something as simple as grocery stores not putting candy at the checkout counter. It could mean redesigning neighborhoods so that there are accessible services, safe places for children to play, opportunities for sharing and contact.

Parents could benefit from more resources — from materials in the home to programs to other professionals able to work with the family. For low-income families this will mean that children will have access to adequate food (eg. milk), clothing, [the list of basics such as adequate housing could go on at some length] and other materials such as equipment (eg. stroller, car seat, ...). As a society, we spend billions of dollars in our school system and pennies in parent education or resources that can be placed in the home.

This letter has ended up to be longer than I intended. I wanted to state that my main concern is that what is needed is not more 'control' through licenses but more resources and programs to help parents.

I've enclosed some of the material that I use in my work with parents.

Sincerely,  
Bob Reid  
Parent Education/Consultant  
Saskatoon, Sask.

*Readers wishing to obtain more information about Pro-Parent: Resources, should write to Mr. Reid, at 614 Walmer Road, Saskatoon, Saskatchewan, S7L 0E2.*

## PREVENTION AND THE FIRST THREE YEARS

Dear Dr. Barker,

Very many thanks for your letter of November 14th which, together with the copy Journal of the CSPCC, we were most pleased and interested to receive.

We have now read the Journal through and are delighted to discover its total commitment to preventive mental health, and in particular to the primary importance of the first three years from birth. In lecturing here in Britain, and in recent years in New Zealand, Australia, and the United States, we have drawn attention to the fact that conferences designated to deal with 'The Under-5s' often in fact devote most if not all of their time to the 3s to 5s — the under-3s being neglected because the importance of the earlier phase has been insufficiently understood.

This situation is of course changing. Part of our contribution to this has been that the conferences and seminars we have conducted in various countries have always been under some such title as "From Birth to Three: The Most Vulnerable Years", and discussion has not been allowed to stray as it readily would into older age groups and thus become too diffuse.

We find very stimulating and encouraging the consistency of theme running through the Journal, from Roy Grinker's compelling account of deprivations in the children of the super-rich to the moving yet objective paper by Cindy Guidolin on a damaged being at the other end of the social scale — Charles Manson, product and victim of society's inadequate care.

We hope to find in future issues of the Journal that the CSPCC's unambiguous commitment to first principles, to the need of infants and very young children for stable and loving relationships if they are to become stable people capable of loving and caring, will

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also be reflected in articles which look beyond failures with the family — other people's families — to the damaging failures of social care for we are all of us responsible since we are the taxpayers and sometimes the policy makers. The point is opened up very well by Cindy Guidolin.

At the 1979 MAIMH Conference, the programme for which you have seen, we were privileged to be given a whole day in which to develop our views on the processes of good all-round development in the first three years of life, using our slides and films, although this was very positively received by most of the 1200 present, a small group reacted with anger in the press next day that we had `attacked working women' — quite incorrectly since all we had done was to describe and illustrate in detail stages of good development and the determinants thereof, never once saying what women **should** or **should not** do. One has to presume that angry misconstructions derive from guilt about what the critics are doing with their own young children.

That is why we hope to see later issues of the Journal looking closely at accepted social agencies which can be as much sources of `child abuse' as are abusing parents, and at our own attitudes and collusions as professionals working in child care.

We have as you know written and made films on the subject of very young children, the importance of early relationships, the hazards of shared or alternative care and means of mitigating separation dangers.

By separate post we send you some of our literature with compliments from my wife and myself. Let me say again how pleased we are to learn of a new organisation with the rich positive orientation of CSPCC. As a rider, we trust you will take heed of some of the strictures of letter-writer H. W. Somerville against articles which excessively and ineffectually lean on endless repetitions of the same old and often unvalidated research references.

With kind regards,  
James Robertson  
Director,  
Robertson Centre  
London, England

## INFANT DAY CARE AND KING HEROD

Dear Dr. Barker:

Dr. H. Hugel, of Trail, B.C., takes issue in the Winter edition of the Journal with an earlier opinion of mine opposing daycare centres, declaring that her own two children were largely raised in centres and that they have turned out to be, in her opinion, well-socialized, warm and mature, etc., people. One can only hope her confidence is justified, if only for the children's sake.

Unfortunately, the effects of child abandonment — let's call a spade a spade — may take years to materialize, perhaps during the stresses of adolescence or when the young adult is suddenly faced with the challenge of surviving on his or her own. It's a tough and terrifying world out there, and thousands of youngsters today simply aren't making it.

The proof is everywhere. Appalling rises in the rates of teenaged suicides, unwanted pregnancies and abortions, school dropouts, drug users, divorces and deserted wives and children;

children; alcoholics and criminals, including those mute and pathetic victims who commit school vandalism in a last protest against neglect.

Dr. Hugel is not impressed. Women, she says, "feel a calling, need to use their talents or (need) stimulation," or "because she can't stand being home with the kids all day."

One doubts that there is much in the way of a calling, stimulation or needed talent to stand back of a store counter all day, or on an assembly line, or pounding a typewriter in a

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steno pool, which is where most working women end up. (Most working men are engaged in similarly-stultifying labor, for contrary to the feminists' fantasies and promises, there simply aren't all those glamorous, high-paying careers out there for men or women, and whoever is holding that few that are available can be relied on to fight like a tiger (or tigress) to repel newcomers.)

It may also be reasonably asked why, if she "can't stand being home with the kids all day" a woman bears children in the first place? Today, as never before, the means of contraception are everywhere. As Ann Landers has recommended, even a single aspirin will do the trick. The woman need merely place it between her knees and hold it there. Foolproof. Or is that too quaint and moralistic a solution to the problem of abused children in these "liberated" days?

As for Dr. Hugel's romantic belief in children gambolling on the village green in the past century, she should read Charles Dickens' "David Copperfield" or "Oliver Twist", or Charles Kingsley's "The Water Babies" to find out what childhood really entailed in the 19th Century. The workhouse and child exploitation are still with us, but today we mumble our way around the truth and exploit our children emotionally as well as economically. Or does Dr. Hugel disbelieve Howard Clifford when the consultant to the federal Health and Welfare Department says that half the 85,000 daycare centres in Canada aren't fit to be open? Contrary to Dr. Hugel, "legislation" sees to nothing.

I have myself inspected one such centre at the University of Toronto for the children of staff, and experienced the damp basement with its urine-soaked mattresses on the floor where the children are herded for their "rest period". The Ontario Humane Society would prosecute to the limit anyone who kept dogs or horses in such reeking filth, but doubtless the mothers who dump their children there are motivated by the higher need to "stimulate" themselves. First things first.

The fact is that it costs as much to maintain a child for a year in adequate daycare as it costs to keep a convict behind bars; somewhat in excess of \$15,000 annually. Intact families struggling to get by see no reason why they should penalize themselves still more to rear the offspring of the cuckoo birds, and politicians dare not risk their wrath to any significant degree.

Nonetheless the yammering for more daycare goes on, with a Quebec labor committee estimating that while there are only 32,000 children in baby garages now, the Quebec demand alone may be as high as 250,000 children by 1985. King Herod is thus a piker in comparison with Canadians today; he only wanted to kill first-born males, we're ready to slaughter babies wholesale. Or to wait until they come back and slaughter us. And they will be back.

Yours truly,  
H. W. Somerville  
Toronto, Ont.

**... while the family is the most dangerous of human institutions, it is also the only specifically human institution and may be revised or flouted at great peril... .**

**—Reynolds Price  
The Washington Post, April 28, 1972**

# THE MYTHS AND REALITIES OF MOTHERHOOD

*(ONE VIEWER'S RESPONSE TO THE MOIRA HUNT SHOW)*

Dear Miss Hunt,

I usually turn your show on in the afternoons as I work around the house, but for the first time I actually sat down and watched closely your show on the myths and realities of motherhood.

I am the mother of a three-month-old and a two-year old. I have a degree in journalism and worked in a great variety of jobs for six years before I had the children. But nothing, and I mean nothing, ever prepared me for the absolute torment or the absolute beauty of childbirth and childrearing. It is like some incredibly well-kept secret guarded throughout the generations of women. It is the most difficult, demanding job on earth, calling for every ounce of inner strength and resources. And the saddest thing is that the "housewife and mother" is looked-down upon and held in contempt by the rest of society and usually, at some point, by her own children.

At times I have even heard myself falling into the same attitude when someone asks me what I "do" and I say "I'm just a housewife."

We know a great deal of society's problems begin in the home. Then why shouldn't the people who are turning out the future citizens be given some moral support and appreciation by the rest of the world? I understand that in some highschools there are courses in "Life" which are being given to aid future parents. Surely, a six-week pre-natal course is not enough to prepare anyone for parenthood, although it is a step in the right direction.

I bring up these topics because I think your shows have just scratched the surface of the complexity of the subject of motherhood. I think you would be doing a great service to your viewers (most of whom are in this very situation) to continue to explore the issue. I, for one, would be excited to see the following areas discussed: education for future parents; male role in parenting and the effect of a baby on a marriage (good and bad); single mothers and how they cope when all these problems are exaggerated by their position.

It's great to hear your guests say how wonderful their husbands were throughout their crises, but unfortunately a lot of women go through childbirth and childrearing traumas totally alone, even if they are married. I would like to see more women in this position interviewed.

Perhaps it has been presumptuous of me to suggest all these things but I think the subject is more important than most people can ever realize until they are in the position themselves.

Please, Moira, continue this topic, and bring some hope and self-assurance to the hundreds of women, like myself, who live and work in the isolation of the home.

Sincerely,  
(Mrs.) Gail Herbert  
Port Carling, Ont.



# Male Housewife Wins Alimony

When Bill Bradley's wife divorced him, the judge ruled that she pay him \$200 a month alimony — Bradley was a male housewife.

"I am the best housewife that has ever lived," Bradley, 39, told *The ENQUIRER*, adding that he sacrificed eight years of his own life and career so that his wife Eunice could further her teaching career, plus earn her master's degree and her doctorate.

"I did everything that was expected of a housewife and more."

The Arlington Heights, Ill., former salesman recalled that — at Eunice's suggestion — he quit his job and kept house, caring for their two sons, while she went out to work.

"Keeping house is no easy job," he said. "I can relate to all of the women's libbers. I have been there. I know how it is to slave over a hot stove all day long.

"I am so angry that I would like to march with them.

"After giving up all the good years of my life, I am ending up with nothing but \$200 per month for a year. She got the house and the kids."

But Bradley is proud of his homemaking abilities.

"I have more tips on housekeeping than Heloise," he said. "I have done everything, but my favorite was cooking.

"I make the best spaghetti in the world. And the cherry cheesecake that I bake is the best on the block.

"I can really identify with Erma Bombeck. I think I am the male answer to Erma. I think men make better housewives than women. If anything breaks, they can fix it themselves," said Bradley, whose favorite TV show is *Phil Donahue*.

Still, Bradley has complaints that sound curiously like those of female housewives today.

**"Some days, I would have cooked all day and taken extra time to make Eunice's favorite dish and she'd come home with a headache and wouldn't eat a thing," he said. "It would make me so mad.**

**"I would listen to all of the problems that Eunice had had at work and I would take a special interest in all her activities.**

**"But when it was my turn to tell her about my day around the house, she would fall asleep on the couch while listening to me.**

**"When she came home at night, I had been cooped up in the house all day. I was ready to go out dancing and Eunice wanted to stay home and catch up on her sleep," Bradley said.**

Then Eunice decided that she wanted a divorce. "It was news to me," said Bradley. "I couldn't believe it, but she insisted that she leave me and then had the nerve to tell me she would wait until her comprehensive exams for her degree were over, because she needed someone to stay home and take care of the house and kids.

Now Bradley's been out looking for work, but he still hasn't found a job.

"After all, who wants to hire a 39-year-old househusband?" he asked.

*Regina Smith — National Enquirer*

## **WHO WILL RAISE THE CHILDREN? New Options for Fathers (and Mothers).**

Lippincott, 1976 192p.

This book is based on material gathered from interviewing men who have chosen childrearing as their major work. It is written for a general audience, but is documented well enough to be useful to professionals.

# Familial Economics-

## Economics as if Families Matter

Taking a cue from the late E. F. (Fritz) Schumacher, author of the book **Small is Beautiful\***, the Vanier Institute of the Family for several years now has been investigating "economics as if families matter".

This analysis began in earnest in 1976, culminating in the publication of a VIF working paper, **Towards a New Work and Income Orientation**. A seminar in political-economic questions from a familial-community viewpoint followed in 1977. In 1978 the Institute published its discussion paper, **Some Reflections on the Evolution of Canada's Political Economy and Implications for Families and Communities.\*\***

**\*Small is Beautiful** looks at the economic structure of the Western world in a revolutionary way. For Dr. Schumacher maintains that Man's current pursuit of profit and progress, which promotes giant organisations and increased specialisation, has in fact resulted in gross economic inefficiency, environmental pollution and inhumane working conditions. Dr. Schumacher challenges the doctrine of economic, technological and scientific specialisation and proposes a system of Intermediate Technology, based on smaller working units, communal ownership, and regional workplaces utilising local labor and resources. With the emphasis on the *person* not the product, **Small is Beautiful** points the way to a world in which Capital serves Man instead of Man remaining a slave to Capital.

*\*\*Available in English or French \$1.50 from The Vanier Institute of The Family, 151 Slater Street, Ottawa, Ontario K1P 5H3.*

# HOUSEHOLD-COMMUNITY ECONOMIC ACTIONS

Seven possible first steps to "redress the balance" between the neglected family-community sector of the economy and the formal marketing sector are proposed in a background paper by David P. Ross, social economist working with the Vanier Institute of the Family.

His "The Employment Challenge and the Informal Economy: A VIF Perspective" was prepared for participants in the Institute's recent invitational Employment Seminar, held at the Echo Valley Centre near Fort Qu'Appelle, Saskatchewan. The October, 1979 event was arranged by the Institute and hosted by the Saskatchewan Government.

Dr. Ross argues in the paper that "Economic policy should look for solutions ... within the whole range of human economic activity and not just within those activities where money changes hands". He believes the seven steps proposed would help relieve the financial bites of inflation and unemployment, and also - of even more importance in the long run - would encourage such non-monetary human values as family initiative and neighbourly co-operation. All seven steps would, as the author sees them, "help individuals, families and communities help themselves and become more self-reliant". The seven steps in summary:

**1. Job creation through government** funding of non-profit community enterprises. (In the last decade "over two-thirds of net jobs created have been in firms employing fewer than 20 workers")

**2. Work spreading** through more flexibility and variety in employment patterns, such as "fewer weekly work days, recurring education, job sharing, sabbaticals, etc." which would "allow people greater choice to make a better split of their time between formal and informal work opportunities".

**3. Tax policy reforms** to give more recognition to family expenditures, such as depreciation allowances for productive investments such as tools, sewing machines and so on.

**4. Urban design and land-use planning** to encourage more use of public

transit, cycling, gardening and wood lots, plus **rural resettlement programs** to favor growth in smaller centres rather than large cities.

**5. Stimulate small-business enterprises** by the provision of more venture capital.

**6. Less rigid income-support programs** so as to allow recipients to supplement public assistance through part-time jobs.

**7. Preserve inner-city communities** and smaller centres' main streets which foster informal economic activities in homes and neighbourhoods.

Steps like these, the paper says, would be in accord with the Vanier Institute's advocacy of a shift in policy emphasis from the formal resource-manufacturing-service sector to the informal, more localized sector, and to a greater sharing of tasks in both sectors, and where they meet, by both sexes - by men and women at home and in the marketplace.

In stressing the usually overlooked importance of the informal economic sector, Dr. Ross cites this statistical evidence: "There are about 400,000 healthy waking hours in a lifetime, and only 80,000 are devoted to working for money".

Transactions involving money characterize most activity in the formal sector, while in the informal area much of the exchanging and sharing takes place without any money changing hands for time spent and work done. In economic activities where the informal-formal overlap, money usually is involved as well as some of the non-monetary values which the Vanier Institute emphasizes in advocating a "familial society".

David Ross identifies some of the values he sees as usually associated with and fostered by informal and sometimes, informal-formal economic activities: "self-reliance, co-operation, labor intensive, face-to-face relationships, small units, self-management, respect of environment, geographically diverse, energy and non-renewable efficiency, etc."

Because it advocates a familial-type society, the Vanier Institute is committed, as the paper notes, to:

Give greater recognition, and gain a greater understanding of the informal economy and its relationship with the formal economy.

Develop enabling strategies that will help those persons who choose to participate more fully in the informal economy, thereby lessening the demands placed on the formal economy;

Better distribute the activities and benefits of the two sectors among age, sex and racial groups;

Foster the growth of informal-economy values in the formal economy;

Stimulate more study of the informal economy.

While in the long run, increased self-reliance harmonizes with reduced government spending, social support programs will remain necessary. Dr. Ross concludes that a revitalization of the informal economy is going to take much

positive government action. He concludes his paper:

Let us hope that . . . what governments take with their right hand from large institutionalized bodies they will return with their left hand to small, informal bodies. ■

*Reprinted from TRANSITION, a quarterly publication of The Vanier Institute of The Family, 151 Slater Street, Ottawa, Ontario K1P 5H3.*

#### **VIF TALKS YOU MAY WANT TO READ**

**The Family and the Economy in the Decade of the 1980's.** (Robert Glossop, Biennial Conference of the Family Service Association of America, Atlanta, Georgia, 1979).

**Home Economics - Time to Come Back Home!!** (W. A. Dyson, Ontario Educational Association Conference, Toronto, 1978).

**Current Public Policy Issues and the Family.** (Fred R. MacKinnon, Victorian Order of Nurses of Canada Annual Meeting, Thunder Bay, Ont., 1978).

**It's Time to Change from Bigger to Smaller.** (Rev. Gregory MacLeod, VIF annual meeting, 1976).

**Towards a New Work and Income Orientation** (1976).

**An Exploration of the Nature of the Economy in a Familial Society.**

*Papers listed here, by guests, VIF Board members and staff are available. However, as demands for our publications have increased greatly in recent months, and also given the increases in postal rates, we find that we must now charge 50 cents per copy.*

**"Perhaps the making and buying of goods is not the main goal of a sane society. Perhaps a bigger Gross National Product is not a god worth sacrificing our lives to. Perhaps we must question the whole orientation of American values. The early labour-union leader Sam Gompers once summed up the aims of the labour movement as "More!" But maybe now we need less - and better?"**

Ernest Callenbach  
*Living Poor With Style*

# From Sweden With Love... .

*"We have tried to make it clear that this is a pedagogic law. We hope to use the law to change attitudes. If we launched a big campaign on the subject, it would probably be forgotten in a year. But the law stays, and it enters the public consciousness."*

*"... the main intention of this prohibition is to prevent injurious mental treatment of children. . . . The prohibition is directed against treatment which involves a danger for the child's personality development."*

*"Corporal punishment shapes the child to an authoritative pattern and seems unfitting in a society which aims to develop the child into a peace-loving independent individual."*

*"In a free democracy like our own we use words as arguments not blows. We talk to people not beat them. If we cannot convince our children with words, we shall never convince them with a beating."*

Excerpts from speeches in the Swedish Parliament during last year's debate on the banning of corporal punishment. The proposal passed with a vote of 259 to 6 so that the Swedish law now states:

**"A custodian shall exercise such supervision over a child committed to his/her care as is necessary having regard to the child's age and other circumstances. A child may not be subjected to corporal punishment or other injurious treatment."**

## THE CRIMINAL CODE OF CANADA

### CORRECTION OF CHILD BY FORCE

#### SECTION 43

**Every schoolteacher, parent or person standing in the place of a parent is justified in using force by way of correction toward a pupil or child, as the case may be, who is under his care, if the force does not exceed what is reasonable under the circumstances.**

# 'No-Spanking Law Has Support Here, But Would It Work?

By Louise Crosby  
*Citizen staff writer*

Spanking, that age-old custom of swatting disobedient young bottoms with anything from the palm of a hand to a birch rod, has had its day in one country of the world at least.

In July, legislation prohibiting parents from punishing their children in physically or emotionally abusive ways becomes law in Sweden. Young Swedes, probably among the most privileged children in the world, can thank International Year of the Child for this further step toward child's rights.

But the law is viewed with skepticism in Canada — not because we're spank-happy, but because discipline is still considered a parent's concern and spanking a right. In fact, parents, teachers and others are permitted under the Criminal Code to use force "reasonable under the circumstances" to correct a child.

Here in Ottawa, some child specialists and people who work closely with children every day understand the occasional need to smack a bottom or cuff an ear out of anger, frustration or concern. But they also agree there are other, more effective ways for disciplining children.

The principle is good, most say. Making it law and enforcing it are another matter.

Joseph A. Messner, executive-director of the Children's Aid Society, calls Sweden's new ruling "a valuable piece of legislation that reflects the level to which that country has progressed. It will be unfortunate," he adds, "if Canadians write it off as some other silly thing the Swedes are doing."

## **ENFORCEMENT NO PROBLEM**

Enforcement won't be a big problem because Swedes are already committed in principle, he says. "Violence towards children has long been inappropriate."

Such a law "would be ridiculed and not

easily accepted" in Canada, but enforcement would be no harder than enforcing laws against incest, alcohol and drugs. In other words, "we don't refrain from it because we think it can't be enforced."

Messner is not severely critical of spanking as a method of control, but says, in principle, "it's a violation of human rights and unnecessary."

"I'm not suggesting children should be allowed to do what they want. They need clear, kind, firmly enforced and consistent limits, but all that can be done without violence. We can get angry, but we can also be reasonable and don't have to lash out."

Spanking can unintentionally lead to child abuse, he says. Children who are continually hit by enraged parents begin to resist and fight back until the conflict becomes a battle of wills, the child assuming this is normal behavior.

A better alternative is to provide parents and high school students with good family life education "so people can learn to understand, care, control and discipline their kids without striking them."

Teachers should serve as models and refrain from ridiculing or "talking down" to children — in Messner's view, an "equally unacceptable and inappropriate" tack.

Messner has been the driving force behind CAS efforts to have that section of the Criminal Code amended "so it cannot be misused as a defence by individuals who have abused their children."

Briefs have been submitted to the Canadian Law Reform Commission, the federal government's committee of Health, Welfare and Social Affairs, the Ministry's Task Force on Child Abuse and Newfoundland Tory MP Jim McGrath's committee on children's rights.

## EDUCATION A START

As a parent education leader for the Ottawa Central Family Enrichment Association, Marion Balla also believes education, not legislation, is the place to start.

"The whole art of being a parent is something we have to learn," she says.

"You can't take things away from people and expect them to come up with alternatives on their own. Take away a parent's right to spank their child and you leave them with nothing else to use."

Instead of hitting their kids, Balla says, frustrated parents may substitute other emotionally damaging forms of punishment.

What must be taught, in a massive education campaign that begins in high schools, is the basic attitude that children are creative, capable, positive human beings worthy of our respect, she says.

While reluctant to reduce the complicated subject of child rearing to a couple of paragraphs, Balla says physical punishment is a temporary discipline measure and children who are made responsible for their behavior, made to see they can make decisions that affect their own futures, are better off.

Talking, listening and expressing your feelings as a parent broadens the two-way understanding, she says.

Parents should also learn to understand the motives of their child's actions, and help them to develop self-esteem by acknowledging good, not bad behavior. Some youngsters earn the attention of their parents only through defiance and temper tantrums, she says.

Joan Gawn, co-ordinator of the Parent Preschool Resource Centre, admires the principle of the anti-spanking law, but doubts it will work.

"Any law that tries to legislate human behavior is extremely difficult to enforce and any law that you can't enforce becomes a mockery," she says. "I would rather see it entrenched in a bill of rights

and have more effort put to educating parents and teachers."

Gawn, like Messner and Balla, understands why some parents spank their children, but doesn't practise it herself.

## MOMENTS OF STRESS

"It's legitimate for parents to smack their kids in moments of extreme frustration or nervous stress," she says. "We're all human, it happens. The occasional smack is normal. If it works, the parents are comfortable and the child isn't suffering, that's OK."

"But personally, I don't think it's effective. If you provide the right environment, love, security and challenge, it shouldn't be necessary."

Gawn favors other methods, such as one she calls the "discipline of logical consequences," over spanking. Children who won't eat their dinners go without, she explains, if they don't pick up their toys, they run the risk of having them lost, stolen or broken. Talking is important.

It's the attitude that accompanies spanking — not the act itself — that leads to child abuse, she says. But child abuse — and a host of other problems — have more chance of occurring if spanking is the only method of discipline.

Raymonde Verdon, the mother of two toddlers who works weekdays in a cafeteria, believes in spanking but understands the seriousness of the child abuse phenomenon.

"They (the lawmakers) aren't raising the kid, we are and we should be able to do it the way we want. I don't spank my kids all the time. Usually I tell them what they've done wrong and send them to their rooms. A little tap doesn't hurt them. I got tapped and I'm not dead. I had good parents. I learned."

"I don't think the law will cut down on child abusers. It's hard to find out who they are. I don't know how they're going to handle that one. Maybe it does start with spanking." ■

**"What must be taught, in a massive education campaign begins in high schools, is the basic attitude that children are that creative, capable, positive human beings worthy of our respect."**

# CHILD ABUSE

By Sheryl Gallinger

*This paper was written by Sheryl Gallinger, a student at the Selkirk Secondary School, Kimberley, British Columbia, as a Family Studies Assignment. Our thanks to Sheryl and her teacher Mrs. Jean Dellert.*

## WHAT IS CHILD ABUSE?

Child abuse can be emotional or physical. Physical abuse is any injury inflicted on a child by an adult (usually a parent), whether as the result of too much harsh discipline or direct attack, should be regarded as child abuse. These injuries vary in their severities and range from minor bruises, burns, welt marks, to major fractures of the long bones and skull.

A child also can be emotionally abused by the way the parents talk to them and also by teachers. These people don't give the child a chance to develop mentally. They expect him to do exactly what he is told. If you tell a child that he is stupid constantly, then he will think that he IS stupid, and won't even try to learn.

When the child is abused he or she gets to think that he is bad and everything he does is wrong, he thinks his mom hits him because he is bad.

Another form of abuse is neglect. When a child is neglected he or she is denied the rights of a child — proper nutrition, love and affection, sometimes even a name, proper clothing and a chance to grow up to be a normal child. We can't stop all of the child abuse, neglect and emotional abuse but we sure can show the parents, teachers etc. what they are doing to these children.

Child abuse can be caused by a lot of different things like alcoholic parents, no money, no love from one spouse to the other, frustrations, and beatings when they were young.

I could go on for a long time but I won't. Child abuse is unnecessary so I guess from seeing these films in class we should learn something.

## HOW PREVALENT IS IT?

Child abusers can be male or female, but they have nothing to distinguish

them from other people. They can be well educated or have a limited education, they may belong to any ethnic, cultural or class grouping which exists in our society. This is why it is so hard to distinguish abusers from non-abusers. The majority of parents who abuse their children have unrealistic expectations of the child, they expect the child to satisfy their needs, if they don't they attack them out of frustration. Some parents are just repeating their childhood experiences of abuse. In other words, most anyone can be a child abuser no matter how rich, how poor, or how intelligent.

Joan Crawford was an example of a movie star who abused her adopted daughter by burning her hands in a fire because she caught her playing with matches. Joan Crawford was an example of an abused child, that is why she abused HER daughter.

It is just a vicious circle, why don't YOU be the one to stop it?

## WHY STUDY CHILD ABUSE?

We should study child abuse to make people aware of what is really happening and to help to do something about it.

## WHAT CAN YOU DO IF YOU KNOW OF AN ABUSED CHILD?

If you know of an abused child, you could get in touch with the police, a public health nurse, there are also help-lines you can call, you could also call a rescue squad if you can't get through the help-lines. These help-lines run directly by hospitals, protective service agencies, and voluntary agencies. They are there for you to call if you need them so don't just brush it off and say, "It's none of my business" because no child deserves to be abused by anyone.



## WHY DO PEOPLE ABUSE CHILDREN?

People abuse their children because they are broke and blame the child for it, alcoholic parents who drown their sorrows, frustrations, they take out their problems on the child to help them feel better, the child gets on their nerves so he must be punished, the child may be unwanted, the parents think that they have a license to beat the child, there also could be a mental problem. Most male abusers are stepfathers. The mother is often immature or inexperienced and the father is away from home a lot of the time. Generally, abusive parents strike out of rage, resentment, or sheer ignorance.

Most abusive parents use the excuse, "He's my kid and if he does something wrong I have the right to punish him."

Physical or mental problems can not always be blamed, a lot of these parents were brought up in homes where beating the child was a common practise and just repeated what they had experienced. Charles Manson is an example of an abused child who abused other people because of this. Most criminals in our society were victims of child abuse.

They look on the child as one who will

give them the love and understanding they never had. But of course the child doesn't understand this.

## HOW CAN THESE PEOPLE BE HELPED?

In planning treatment, the primary participants include a physician, a social worker, and a nurse. A consulting psychiatrist can help to figure out what to do. The health nurse and social worker visit the home to gather information for discussion of the child's situation.

Educating parents about child rearing will help to prevent child abuse too.

There are community services also that these people can go to. They are such agencies as Ministry of Human Resources and other services programs such as Crisis lines, Project Parents, Parents in Crisis, and Parental Stress lines.

Volunteers and teachers are trained to present a 50-60 minute program which include a film and available literature.

These centres are for child abusers so if you know a parent who is an abuser tell him or her of these centres so they can go to them. We must ALL become aware of the problem of child abuse and when the need arises we must get involved! ■

### *The Birth of Innocent, The Death of a Child*

*His mama was happy, his papa was proud,  
but the day he was born he was wrapped in a shroud  
to die. His parents, and upper class suburbia  
conceived him one night, as children were "in"  
at the time. Yet,  
fashions change and by year two, he was left alone  
to sleep. Mother meant meetings, father meant work,  
but neither meant love for their once beloved child.  
By the time he was six, he had no life left to live.  
One day he saw his life in the mirror and turned to  
the streets, for he needed a friend, not a wall. They  
saw little of each other, his parents and he, and  
before they knew it, he was sixteen,  
and gone. Oh, they missed him, but soon  
life serenity continued for them, and ended for him.  
He was twenty, looking thirty when he reached the worst  
of his life, or was it the best?  
He was drunk, in "his" gutter  
when he was found, a wound in his chest  
and dead.*

\* \* \* \* \*

*So remember my friend, in this year of the child,  
the life of this man, the death of this child.  
And remember this lesson at any cost:  
It is worse to have sired, withheld love, and lost  
than to have never sired at all.*

*Samuel J. Hawley  
Centre Hastings Secondary School  
1979*

# MENTAL CRUELTY

We often find parents who look at their children only as an emotional investment. They want them to achieve the status they themselves could not attain. They want their little angels to be perfect. Their first perfectionism is directed **toward the body** of the newborn, and later his **scholastic achievement** comes under scrutiny. The authors have met scores of parents anxiously asking themselves what kindergarten their tots would be admitted to, as if this school, like Harvard, would determine their future lives.

A little less emphasis on perfection of body and more attention to the emotional needs of children would mean happiness for scores of miserable youngsters. Somehow, we seem to have lost sight of what the restraints involved in achieving physical perfection can do to the spirit.

## CASE HISTORY

An adolescent patient, whom the authors always think of as "the spider-web boy," was so caught up in the do's and don'ts of his parents' compulsions that we were at a loss as to how to help him. There was not enough time to reach him to break away from the web.

Fred was 15, a high school student, and an only child. His parents had sent him to the psychiatrist because he was forever nagging them to take him to a plastic surgeon for a nose job. Hesitating over the steep surgical fee, the parents wanted a professional opinion on the need for this operation. Fred's manner as he slouched into the office bespoke his reluctance. As he said later, he did not relish the idea of going to a "head shrinker." As far as he was concerned, there had already been enough head shrinking in his life. Now he was enlisting our aid as a fellow conspirator in the fight against parents who never let him do what he wanted.

"What do you want?" he was asked. Fred shrugged his shoulders. He said he realized the nose operation was a minor matter, but this was the only way he could force his parents to do things for him. "What will you do when you want your old nose back?" the therapist persisted. "Oh, leave me alone!" he barked back, "you ask the same silly questions as my parents."

Obviously, the wrong tack had been taken. Here was a boy trapped from the very beginning in a network of signs and signals of do's and don'ts that tried to mold him, direct and thwart him. His father and mother were both research scientists. The boy's arrival on the scene had apparently been more or less accidental, breaking into the couple's set life patterns.

Even now, when his mother rushed home from work, she felt she had to make up for her lack of attention during the day by firing a barrage of questions at the boy. This always gave him the shivers. He could not possibly live up to what she expected of him, so he lied in self-defense, while his mother grew more exasperated and exasperating. Later on in the evenings his father would throw salt on the wound by adding his own meek sermons.

"Has it always been this way?" he was asked. Yes, it always had been that way. From babyhood on, he remembered daily battles with his mother about his emptying the plate or else. He recalled whining through long nights when his legs were trussed up in orthopedic braces because the doctors were intent on remodelling them. Then came the hospital where he underwent the shock of a tonsillectomy without having been prepared for the experience.

The longer his mother worked, the more she tried to make it up to her boy by taking him to one doctor after another. The dentist made the little fellow wear braces in his mouth for years. He was still wearing them when he came to us, his buck teeth as prominent as ever.

The allergist had contributed his share by immunizing him to everything under the sun with an interminable series of shots. From the beginning of his school days, some tutor or other had succeeded in spoiling his fun and cutting into his hours of play by pumping facts and figures into his weary head. Now, to top it all off, he had been sent to the psychiatrist for final brainwashing. At least that was the way he felt about it.

"But what about your nose?" "Well," he confided, "all the boys in school have dates and the girls just don't go for me. I'm different. They turn me down because they don't like my nose. I'm shy and clumsy and try to hide myself. At least that's what the teacher says. Nobody is really interested in me. One girl in the class had her nose fixed and now all the boys have been dating her."

There was an epidemic of nose-fixing raging at the time among teenagers, especially the girls. Among the various reasons for it was imitation of the others, as well as secret rebellion against parents who had endowed them with an image of themselves they did not care for. Jewish youngsters wanted to look less Jewish. Others were following the dictates of Hollywood and were ready to do anything to look more attractive and seductive to a date. And in all of them there was some hidden sex factor at play.

Fred was in the same emotional boat as the others. Gradually, he began to tell more about his misery and protested the dating practices in school. Unable to cope with his own problems, the lonely spiderweb boy was a keen observer of his peers. He was asked what he thought was the real reason he had no dates. This was the worst thing that could happen to a teenager. Fred described the constant pressure that was put on all of them to indulge in the habit of dating and kissing parties, whether or not they were ready for it. Fred knew what it was all about, but he did not like to kiss or be kissed. As a matter of fact, nobody had ever kissed him before. He could not remember his mother ever acting affectionate toward him. He hated girls who flirted and he said other boys felt the same way. Yet for a boy not to take part in the game was unthinkable. It exposed him to constant badgering by the others.

Suddenly, Fred had a brainstorm. It came to him why he liked the girl with the nose job so much and wanted to follow her example and experiment with plastic surgery. It seemed that she, too, did not go for the dating bit. She had once confided to him that she hated boys and had no desire to be mauled. By undergoing the operation, she simply showed she was willing to compete aggressively with the other girls.

"Is that a reason," we asked "to cut off your nose to spite your face?" Fred started to laugh. "Yes," he said, "I must have felt like that girl. Does that mean I'm not a real boy?" We realized that this was the crux of his problem. But we could probe no further because we had no idea whether he would even come back for treatment. However, he spontaneously agreed not to start the surgical experiment, which would most likely have pushed him even deeper into the morass of inferiority.

We almost hated to write his parents that we had persuaded the boy temporarily to keep his old nose. He had stirred up the rebel in us, too. Recognizing our sympathy for him, he withdrew — albeit temporarily — from his self-destructive intention. He sensed that the therapist was his ally. Regrettably, his parents never permitted him to go on with therapy. We had hoped to be able to teach him how to escape from the cruel web of regulations that was making a mental cripple out of him.

Fred is but one example of what happens, to a greater or lesser extent, to many youngsters in our era. Proud of scientific gains and technical gadgets, modern man is devoted to schemes and regulations. Children are born in a world of cross currents which get in the way of the simple emotional bonds between parent and child.

Even in the cradle the baby is drowned in words blaring from loud-speakers, with stereo doubling the torrent. The television screen hypnotizes the inhabitants of the living room into spellbound attention, and friendly communion between parents and child seems to be a lost art. There is no smiling rapport, no real family life — the gadget has taken over. ■

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***"What Made My Grandmother Sing"***

*When I was just a little girl  
Going to Grandmas was the thing  
Now what I seem to be wondering about  
Is what made my Grandmother sing?*

*She was a chubby little lady  
Who wore a plain black dress  
She had only a simple wardrobe  
But it couldn't have mattered less.*

*She had no expensive jewellery  
Just a treasured wedding ring  
She had lost her only true love  
What made my Grandmother sing?*

*She never attended Vic Tanny's  
Or watched the T.V. set  
No soaps or X-rated movies  
Amos and Andy was all she could get.*

*She had a neat and modest home  
The feature was the porch swing  
You could find her there most afternoons  
It was here she loved to sing.*

*She didn't desire a mansion  
With an electric rocking chair  
To sit and dream and sing her songs  
And teach us how to care.*

*She had little formal schooling  
She worked very hard on the farm  
But she was always content and happy  
And singing was part of her charm.*

*She had few recreational outings  
Except the card games at the hall  
Or sometimes a neighbourhood party  
To her this was a "Ball".*

*Going back to school was unheard of  
Senior citizens didn't bowl every day  
Vacations were very restricted  
Flying the skies was not the way.*

*Her happiness never hinged on money  
Nor the things that money could buy  
But depended mostly on family  
And living always ready to die.*

*Sunday was such a special day  
For prayer and the family outing  
She needed neither booze nor pot  
To keep her free from doubting.*

*Do we lack true love for each other  
Are we too busy doing our thing  
If this question could only be answered  
We'd know what made Grandmother sing.*

*Emily Neilson*



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 are examples of such preventive measures.

JOIN THE CSPCC TO: Keep in touch with others who share these concerns by receiving the CSPCC Journal 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.

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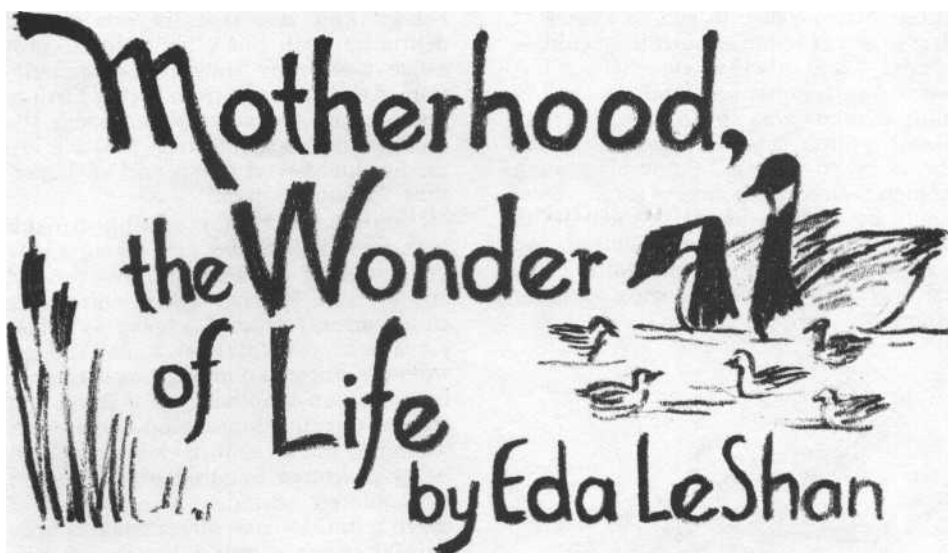
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**'Tis unto children most respect is due.  
Juvenal**

**The child should spend a substantial amount of time  
with somebody who's crazy about him.  
Bronfenbrenner**

**Infancy is the perpetual Messiah, which comes into the  
arms of fallen men, and pleads with them to return to  
paradise.  
Emerson**





On my birthday last June I received three gifts. The first was from a pair of Canadian geese, who brought their five goslings to the shore of the lake at our home on Cape Cod for my inspection. When they swam away (after receiving my approval and a good meal of cracked corn and blueberry muffins) I felt a sharp ache of wonder and delight at the renewal each spring brings. The unfolding petals of the flowers, the delicate green of new leaves, the care a blue jay takes in making trip after trip to feed fat and hungry babies — as I witness all of these each year I feel again a piercing joy. Following the quiescence of winter this surge of new life fills me with awe at nature's miracles.

My second gift was a painting done by my daughter. A large abstract painting, it was quite different in tone from her earlier ones. It was strong and angry, as well as poignant and sad. I was overwhelmed, for I realized the artist was no longer my little child but a woman dealing with her own world with insight and courage. I ached for her awareness of the painful experiences of growing, but exulted, too, in the maturity of perception and the creativity that brought it all to canvas.



This message from my daughter reminded me how complicated parenthood was becoming when I was a young mother — and how complex it has become since. It occurred to me that geese are lucky they can't read. If they'd read the books on parenting my generation read, they'd have been terrified of not raising perfect children. It was only a fleeting thought. Mostly I'm grateful to have lived in a time of such excitement, such change. Though it is true that my generation of parents was prone to impossible expectations and inclined to be overserious, the psychological revolution through which we lived did have compensations. We were able to help our children develop keen insights, a sense of proportion about nature and nurture and a healthy respect for individual differences.

*"Surely the joy my parents found in me bare my life the exultancy it has had."*

I see the same thing happening, with a newer revolution — that of women's liberation. All movements run to excess at first — as a reaction against the rigidities of past — and this is no exception. A few years ago I sometimes had the feeling motherhood was going to become obsolete, for there was so much talk about the glory of careers. So many young women seemed to be saying motherhood would be an impediment to their fulfillment. For a while it seemed motherhood was widely viewed as a demeaning job, suitable only for women with no other talents.



**In the long run the women's movement** will have brought some long overdue and essential human rights and dignities to all women. I have no doubt of that. But no battle, however bravely fought for the highest ideals and motives, leaves the world unscathed. What troubles me most in this case is a misunderstanding that has made some women feel that raising children is insignificant and a waste of talent.

The good we are learning, however, is that women have a right to choose — that not every woman need find fulfillment in motherhood. More options for choosing areas of creativity and personal satisfaction can lead only to greater heights of human purpose and meaning in living. How wonderful it will be when every child is chosen — carefully, thoughtfully and with profound joy.

The spirit of renewal that accompanies spring is an essential part of nature and, it seems to me, an essential part of women's lives. If we deny ourselves feelings of rebirth, we cannot enjoy life to the fullest. For some, the deepest satisfactions of giving birth come through the birth of an idea, through the creation of something beautiful or useful, or through

a fight for a better life for others. For some, it seems essential to focus all energy and resources on one special dream or goal. For others, the deepest sense of self may come from a combination of endeavors — from giving birth to and nurturing babies as well as ideas. It's an awesome task, but surely possible. My mother had two children and an important, fulfilling career.

I am glad we're now getting through both these revolutions and seeing a new generation of women beginning to land on its feet. Psychology doesn't make childrearing foolproof or easy — it just gives us some helpful new tools. And the women's liberation movement is neither for nor against motherhood — it has just created a social climate that allows each woman to make her own choices without being pressured by others or influenced by outdated attitudes. The process of moving in these new directions has been painful and frustrating, but then it was never easy to be a mother.



**My third birthday present was a letter** from my father in which he enclosed a letter my mother had written in April 1922, two months before my birth. She wrote of feeling as if "I am spring itself — gloriously complete, part of the earth, pregnant and stirring — holding its breath." My mother was full of joy and wonder — and also fear. Her own mother had died during childbirth, back when my mother was only four years old. In reading my mother's letter about her unborn child — me — I had a sense of such thanksgiving that despite her fear of the unknown, she had wanted me so much.

*"...the women's liberation movement is neither for or against motherhood - it has, just created a social climate that allows each woman to make her own choices without being pressured by others or influenced by outdated attitudes."*

*"...one of the most heartening results of the women's movement: the emphasis on parenting as a shared adventure, a shared responsibility."*

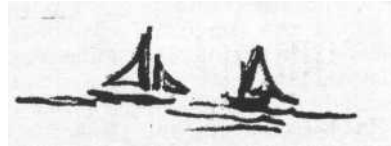
In his covering letter my father said, "How many memories come rushing in as I try to live again in 1922 — memories and emotions that were so charged with joy and fear. And in this awakening of all the thoughts and feelings of June 6, 1922, I send you the sweet hopes for another year and all the blessings of the intervening years. How wonderful to have been wanted so much! Surely the joy my parents found in me gave my life the exultancy it has had.

My parents were partners in parenthood, and it seems to me that is the answer for today's young parents. What gives me great hope for children and their parents now is one of the most heartening results of the women's movement: the emphasis on parenting as a shared adventure, a shared responsibility. This new way of looking at parenthood may lead to later marriages and delayed



parenthood, which may improve children's chances of growing up in homes where both mothers and fathers are eager and capable of offering children their best.

One part of my mother's letter startled me; she wrote, "Yesterday I rested for a few moments on the bridge and all was still — the river and the quiet boats, the noonday peace, all calm and sweetness — and I felt a strange tugging at my heart, a feeling of never-before-known kinship with all the mysterious things we name 'Nature'."



The bridge my mother mentioned crosses the Harlem River in a section of New York City that has not known peace and quiet for a long time. When I was born we lived in a small house on a quiet street with a backyard; today that neighborhood has been beaten down by overcrowding, unemployment and poverty. The river is polluted with chemicals and debris, the bridge jammed with a maddening jumble of noisy traffic. No pregnant woman crossing that bridge today could feel close to nature. That's why love and hope seem more important to me than ever before, for there is often nowhere else to know that we are part of nature except in each other's arms and hearts.

What I really felt on my birthday, as I observed nature's springtime, was the great wonder of being alive. I felt certain that when women have a chance to reassess who they are and what gives meaning to the experience of being human and alive, many of them will have a new sense of wonder and delight in being the vessels of renewal — the bearers of the only possible future for humankind.

*This article is reprinted with permission from Woman's Day, April 24, 1979. Eda LeShan holds a B.S. in Early Childhood Education from Teacher's College, Columbia and an M.A. in Child Psychology from Clark University. She has worked as a Nursery School teacher and director, Child Welfare worker, Diagnostician and Play Therapist, and Parent and Family Life educator. She is the author of over a dozen books, many for children (eg. Learning to Say Good-bye: When a Parent Dies (Grade 3 up) L.C. 76-15155 Macmillan). She is perhaps best known as the author of "In Search of Myself — and Other Children", Evans Pub. Co., 1976.*

# He'd jail parents who bottle-feed baby

Bottle-feeding babies should be made "a criminal offence" and all babies should be born at home, says anthropologist and social biologist Ashley Montagu.

Montagu, who teaches at Princeton University and has written 45 books, last night told the Ontario Chapter of the American Association on Mental Deficiency, that the experience of breast feeding is important to both infant and mother.

"Babies should be born at home," he said. "Hospitals

are dehumanized places. They are the filthiest places on the face of this earth, outside sewers."

He blamed the medical profession — a predominantly male group — for the fact that most babies are born in hospitals and are bottle-fed.

"I put in a plea for the education and training of midwives," he said, noting the greatest opposition to training midwives comes from the American Medical Association, a conservative, male-dominated group.

Montagu said a mother's

love during infancy is essential to the healthy growth and development of a child because clinical studies have shown there are lines of retarded, or arrested growth in the bones of children who have gone through periods of being unloved.

"If it does that to bones, think of what it does to the brain," he said. "By the time a child is in his third year he has his adult-sized brain."

He said breast feeding should be continued for at least two years: "They should make bottle feeding a criminal offence."

## Ottawa health department issues breast feeding kit

OTTAWA (CP) — The health department has joined a campaign urging more mothers to breast feed and released a promotional kit teaching them why the breast is best.

The kit offers information about the superiority of mother's milk and the management of nursing infants. It was designed to help health professionals get the message to new mothers.

The department initiatives answer long-standing calls from medical professionals, especially the Canadian Pediatric Society, to help reverse the trend of artificial infant feeding.

Pediatricians last year published a report calling for improved maternity leave so mothers could

nurse their babies longer and explained the nutritional superiority of human milk.

It also said better health, nutrition and sex education programs were needed particularly for men since their attitudes are essential to successful nursing.

Dr. John Elder, society president, said on Tuesday that North American women have resisted using the breast for feeding.

"The breast is our nutritional symbol and not a sex symbol," he said in a telephone interview from Montreal.

Dr. Elder said cow's milk is a good enough substitute for mothers unable to nurse because they cannot produce enough milk or the infants are unable to adapt.

"But it's not the best. Cow's milk is for calves. For human babies, mother's milk is the best."

Among the advantages of mother's milk, outlined by the pediatric society:

□ Breast feeding helps promote maternal-infant bonding.

□ Respiratory infections and meningitis are reported lower among breast-fed babies. Human milk also carries antibodies which can prevent some intestinal infections.

□ Studies show a high rate of obesity among artificially fed babies because mothers induce bottle-fed infants to drink more than may be needed while breast-fed babies naturally only take the amount needed to satisfy hunger.

# Chinese fined for having too many children

PEKING (Reuter) — China is toughening up its already stiff birth control regulations in an effort to force the country's population growth rate down to zero by the year 2000.

The government has started a nationwide campaign to convince couples to have only one child, warning them that they could face severe penalties if they insist on having more.

Those of child-bearing age among China's 1 billion people are being told that birth control is not a private matter but something that directly affects the country's economic development plans.

Western diplomats who recently visited Sichuan, which with more than 100 million people is China's most populous province,

said a woman there was allowed to have a second pregnancy only if the first child was in some way disabled.

## Regulations set

The Province of Guangdong in southern China has just officially published a new set of comprehensive birth control regulations, the first province known to have done so.

Here are some of the provisions:

□ Girls must be 23 years old before they can marry and are encouraged to wait until they are 25 before having a child. Men must be 25 in the countryside, or 26 in the cities, before they can marry.

□ There must be at least four years between the birth of the first and second child.

Couples who break this rule are fined 10 per cent of their salaries from the fourth month of the second pregnancy to the first child's fourth birthday.

□ A couple who have a third child are fined 10 per cent of their salaries from the fourth month of pregnancy to the child's 14th birthday. The fine is increased by 5 per cent of the salary for every additional child.

□ Pregnancy outside marriage is criminal behavior. Those who conceive a child outside marriage are fined 10 per cent of their salaries from the fourth month of pregnancy to nine months after the marriage.

□ Following the birth of a third or subsequent child, neither parent will receive work bonuses or be promoted for three years.

# Accused in 52 foster homes, murder trial in Sault is told

SAULT STE. MARIE — A psychiatrist testified yesterday that the man accused of first-degree murder in the slaying of a Thessalon resident lived in 52 foster homes in Alberta before he was 10.

Pedro de Lucas, director of the social therapy unit at the Mental Health Centre in Penetanguishene, said that as a result of his childhood experiences, Darryl Gerald Dollan, 30, suffers "a personality disorder with anti-social, depressive and schizoid features.

Testifying on behalf of Mr. Dollan, Dr. de Lucas

said the man "did not have an opportunity to develop a basic trust in other human beings. He has difficulty in expressing his feelings and in relating to other people."

Mr. Dollan is charged along with Daryle Noreen Newstead, 27, in the killing of Robert Kehoe, 63, on Nov. 18, 1978.

Earlier testimony in the trial indicated that the pair entered the Kehoe home early in the morning after Miss Newstead asked Mr. Kehoe's wife for permission to use the telephone. Seeing

Mr. Dollan with a shotgun, Mrs. Kehoe retreated to her bedroom. A shotgun blast ripped through the door, killing Mr. Kehoe and wounding his wife.

The pair then tied up Mr. and Mrs. Kehoe and two grandchildren and escaped in the Kehoes' truck.

Testimony also indicated that minutes earlier, Mr. Dollan had shot and wounded a provincial police constable when the policeman stopped the car in which Mr. Dollan and Miss Newstead were travelling.

# Fatherhood unfashionable, Soviet kids suffer: Study

MOSCOW (AP) — Fatherhood has such low prestige in the Soviet Union that children are suffering serious paternal neglect, a prominent Soviet sociologist says.

Yuri Ryurikov of the Soviet Institute of Sociological Research claims the aloof, sometimes grudging attitude of Soviet men toward raising their children "is becoming a big social and psychological problem.

He said the country needs educational programs to teach Soviet men how to be better parents and enhance the prestige of fatherhood.

Writing in the academic journal *Social Sciences*, Ryurikov said: "Many children feel a lack of male influence, which leads to

tangible shortcomings in their development.

"Many youths become effeminate, while others display aggressive and distorted forms of masculinity," he said.

For girls, it often means they will "lack any subconscious male ideal.

Ryurikov criticized Soviet mothers as well, saying parents of both sexes fail to realize "genuine parenthood implies not only physical effort but a great deal of spiritual and intellectual involvement.

"It is too bad many parents still concentrate only on purely physical care like nursing and washing. They turn parenthood into an arduous burden and become servants of their children."

Ryurikov urged men to get involved in day care centres and kindergartens, and to teach at grade schools — where women teachers predominate to a greater extent than in North America.

The non-involvement of Soviet fathers with the basics of their children's upbringing begins right on the maternity ward, where men are strictly barred from visiting their wives for days after the birth.

The increasingly common Western practice of husbands being present during childbirth is unheard of in the Soviet Union.

Soviet parents following officially sanctioned manuals on child care find the father's role is mentioned only in passing, if at all.

# Many families waiting longer before having babies

WASHINGTON — A majority of American women are waiting a longer time after marriage than ever before having a first child and 10 per cent do not plan to have any children at all.

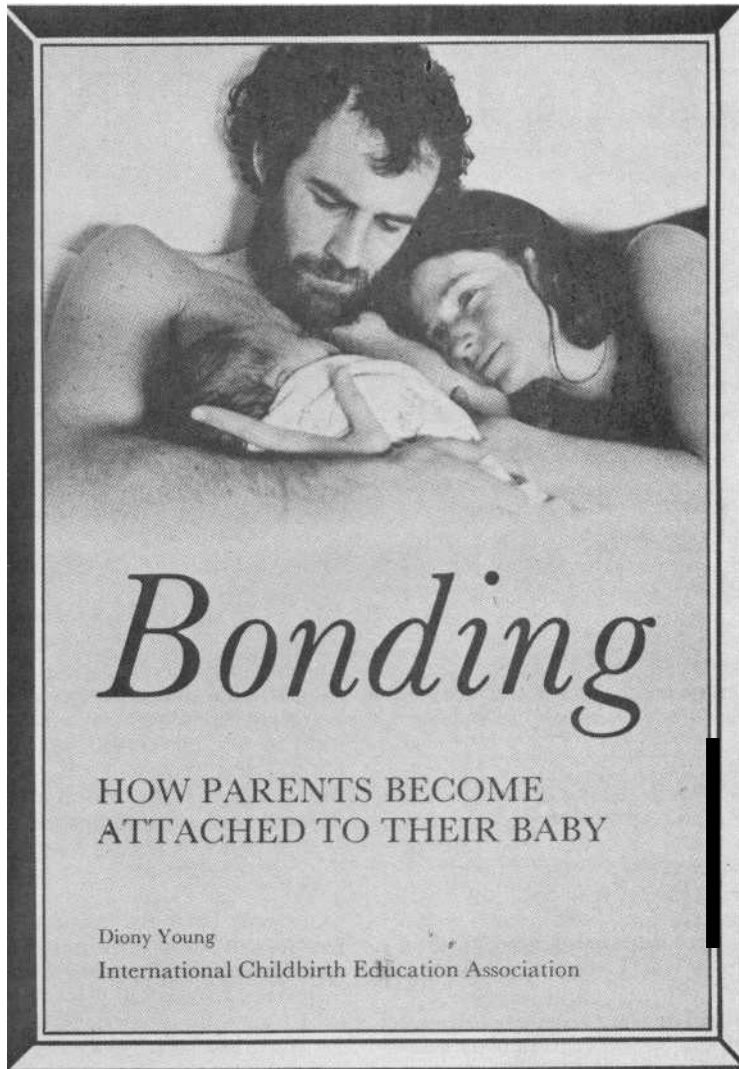
A study by the U.S. Census Bureau found the interval from marriage to

childbirth is now two years — six months longer than in the early 1970s and 10 months longer than in the 1960s.

The report said "this represents a substantial change in patterns of family formation and confirms other indications couples

are delaying childbearing within marriage.

The trend is similar for both white and black couples. Paradoxically, the bureau found a slight increase in births among white women within six months of marriage.



*"If every grade 10 student in Canada were to study the contents of this pamphlet, it would do more to reduce the incidence of Child Abuse and Neglect than all the Central Registers and Hotlines, Identification and Diagnosis programs in existence or planned."*

**E. T. Barker, M.D.**

*Reproduced with permission from **Bonding — How Parents Become Attached to Their Baby**, by Diony Young. Photographs by Suzanne Arms and Phil Leduc. Copyright © 1978 International Childbirth Education Association, Inc., Minneapolis, Minnesota. This 12 page pamphlet may be purchased from ICEA, Attn: Bookcenter, P.O. Box 20048, Minneapolis, Minnesota 55420 USA. Single copy for \$.50 plus \$.40 postage and handling. Ten copies for \$2.25 plus \$.80 postage and handling. US funds only, please.*

# WHAT IS BONDING?

The nature of the bond, or close emotional tie, that a mother forms with her baby has become the focus of extensive studies, which have important practical implications for the care that hospitals provide to families during and after childbirth. Other researchers have recently begun to examine the nature of the bond that a father forms with his baby. What, in fact, are the components of the maternal-infant and paternal-infant bond? Do the first minutes, hours, and days after birth have special significance for the establishment of the parent-infant bond? Can certain events disturb early bond formation and possibly adversely affect the later maternal-child relationship?

This pamphlet will consider these questions in its discussion of the mother-to-baby and father-to-baby bond and how it forms.

For most babies the primary caregiver, or "need satisfier," is the mother — the source of food, protection, warmth, stimulation, and affection. The bond, or attachment, that she forms with her baby begins during pregnancy, possibly when she first feels the fetus within her body. It is a gradually unfolding relationship that blossoms with the baby's birth as the mother and baby exchange messages and feelings with all of their senses — with the meeting of their eyes, through skin-to-skin contact, with body warmth and movements, by smell, and by sound. In fact, the first minutes and hours of life may be especially, perhaps critically, influential for the initiation of the maternal bond, triggering a sequence of nurturing responses that may have long-lasting effects on the mother-child relationship. It is important to realize, however, that this is not necessarily the only stage in a baby's life during which the strong mother-to-baby bond is established. Most mothers who have been separated from their newborn babies in the hospital, as well as adoptive mothers, do develop a close, loving maternal bond with their babies in the early weeks and months.

For parents, the significance of recent findings concerning early parent-to-baby attachment lies in how they can be applied to maternity and newborn care in the hospital — the environment in which

most family units are first established. By eliminating hospital routines that separate family members unnecessarily, the opportunity for maximum parent-baby interaction and the initiation of bonding will be assured in the first few days after birth. In recognition of this need to support the family unit during and after childbirth, medical, pediatric, obstetric, nurse-mid-wifery, and nursing organizations in the United States have endorsed a philosophy and practice of family-centered maternity and newborn care.

## BONDING BEHAVIOR

Many recent studies have examined the interaction and responses of mothers and babies when they are together. Maternal bonding behavior includes cuddling, kissing, fondling, touching, smiling, nurturing, rocking, prolonged gazing, soothing, and talking in a high-pitched voice. (Babies seem to respond particularly to high frequencies in human speech.) Fathers exhibit the same attachment behavior as mothers when they have early and extended contact with their newborns. These spontaneous maternal and paternal responses communicate messages to the baby and provide the sensory stimulation that is so necessary for the newborn baby's growth and development.

New techniques for measuring newborn behavior have been developed which show that babies are much more discriminating and responsive than was formerly realized. At birth the alert newborn is attracted by a variety of visual, sound, and other sensory stimuli, particularly by the eyes and other features of the human face. When the newborn baby is in a state of quiet alertness and thus receptive to stimulation (rather than asleep or crying), he\* reciprocates with behavior such as gazing, imitating, crying, listening, startling at a loud noise, following with his eyes, clinging, and body movements.

\* The masculine pronoun refers to girls as well as boys and is used here for simplicity.



These early responses of both parent and newborn synchronize rhythmically in an exciting, back-and-forth current in which signals from one spark a reaction in the other. Gradually, during the first weeks after birth, the range of responses of the baby increases as he and his mother, or caregiver, coordinate their needs and routines. They must be actively involved together to receive the necessary and rewarding reinforcement from each other. For example, when a mother appears, the baby smiles or vocalizes, which activates a positive response in the mother such as smiling, picking up, kissing, or cuddling.

As the social exchanges between the mother and baby continue, the responses of the baby reinforce the mother and create in her an ever-increasing commitment to her baby; the baby, in turn, learns from the mother's responses how his needs will be answered. When her communications are reassuring and pleasurable, this will help to develop the child's fundamental trust and sense of security. If, on the other hand, the mother responds with rejection or hostility, this can have a detrimental effect on the child's physical and emotional development.

## **WHAT FACTORS INFLUENCE BONDING?**

Numerous factors can influence the birth outcome and the quality of the parent-infant bond, including the mother's genetic, cultural, and socioeconomic background; her personality; previous pregnancy experiences; attitudes toward pregnancy, birth, and the baby; and complications of the pregnancy. The important thing for parents to realize is that these factors combine with many others to influence the parent-baby bonding process.

## **PRENATAL INFLUENCES**

During pregnancy, parents should take certain steps that will help to promote a better bonding relationship with their newborn baby.

The physical and mental health of the mother before and during pregnancy can have a profound effect on the health and development of the fetus and, hence, on

the capacity of the mother and baby to interact at birth. Consequently, by obtaining good prenatal care, the mother will pass on the benefits to her unborn child. The baby's well-being is particularly affected by the mother's daily diet, and excellent maternal nutrition is essential during pregnancy.

The use of drugs, alcohol, and tobacco during pregnancy may all cause abnormalities in the baby that can seriously interfere with a mother's feelings toward her newborn. Pregnant women therefore should greatly reduce or eliminate smoking and alcohol use and should avoid all drugs or x-ray examinations unless medically necessary and prescribed by their physician. (In addition, they should stay away from people who have infectious diseases.)

It is valuable for parents to participate in preparation for childbirth classes and to learn about labor, birth, breastfeeding, bottle feeding, caregiving, and parenting. This will enable them to make informed decisions concerning the birth and early parenting experiences. Childbirth education will help to reduce anxiety, and the special techniques taught in classes and the mother in controlling her responses to labor. Studies have shown that prepared mothers require fewer drugs during labor and birth. All of these factors promote the parents' readiness to interact with their newborn baby.

## **LABOR AND BIRTH**

The childbearing woman is in a highly vulnerable frame of mind during the birth process, and events surrounding the birth can contribute to or drastically interfere with maternal bonding. A positive childbirth experience appears to create in the mother an increased self-esteem and self-confidence that, in turn, may foster maternal bonding. On the other hand, a negative birth experience, where fear and pain predominate, may adversely affect a mother's feelings toward her child, at least for a time. The presence during labor and birth of a supportive person — husband, mother, close friend, or chosen companion — is vitally important to the emotional well-being of the childbearing woman.

It is essential that expectant parents

*"During pregnancy, parents should take certain steps that will help to promote a better bonding relationship with their newborn baby."*

*"In studies of home births it has been found that those who share and witness the birth develop strong feelings of attachment to the baby - - a fact that may interest parents who wish to have family (and special friends) attend the birth."*

learn about childbirth and participate in decisions relating to labor, birth, and postpartum interaction. Avoiding unnecessary interference with normal birth will provide the best opportunity for parents to respond spontaneously to their baby. They may decide in advance about being together throughout labor and birth, giving birth in the labor room, the mother's need for medication, breastfeeding immediately after the birth, sharing the first minutes and hours with their baby, having the baby with the mother in her room and bed as much as she wants, and having their other children visit and see the baby. In hospitals that provide a wide range of alternatives, including a family waiting room and early labor lounge, kitchen facilities, homelike birth rooms, labor-room births, Leboyer-type births, father-attended Cesarean births, family recovery room, sibling visitation, and others, parents can choose the birth experience that satisfies their needs.

The length of labor, the occurrence or absence of a medical crisis during the birth, parental expectations for the birth experience, and the baby's sex and condition at birth are other factors that seem to influence early maternal-infant bonding.

In studies of home births it has been found that those who share and witness the birth develop strong feelings of attachment to the baby — a fact that may interest parents who wish to have family (and special friends) attend the birth. The age and preparation of the children who are present are also important considerations.

## **OBSTETRICAL MEDICATIONS**

Tranquilizing drugs and anesthetics that may frequently be used even during normal and uncomplicated labor and birth enter the mother's bloodstream, pass to the baby by way of the placenta, and influence the mother's and baby's interaction. Drugs that speed up or shorten labor (oxytocins) can intensify

contractions, making it more difficult for the woman to work with the contractions and thus increasing her need for drugs to relieve the discomfort. According to several studies, babies born to oxytocin-induced mothers are more likely to become jaundiced, making them sleepier and less alert than babies born spontaneously; they are also more likely to require intensive care.

The mother who is heavily sedated or unconscious from anesthesia will miss the opportunity for immediate interaction with her baby. In such situations the father, too, may be unable to have the rewarding close physical contact with his baby at birth.

Drugs used by the mother tend to concentrate in the baby's bloodstream and central nervous system, leading to less responsive behavior, depressed respirations, and poor sucking ability in the first few days after birth. The responses of a depressed baby may be dulled by the effects of the drugs, and he will be less able to interact with his parents who, in turn, will be less spontaneous in their responses to him. Thus a chainlike series of events can occur with drug use, ultimately affecting the mother's, father's, and baby's responses to each other.

Constant emotional support from a chosen labor partner and techniques learned in childbirth preparation classes can decrease the woman's need for drugs during labor and birth by improving an

during labor and birth by improving her tolerance for discomfort, thus providing an effective alternative to the use of obstetrical medications. Minimizing the use of maternal medication will also avoid the adverse effects of these drugs on the establishment of breastfeeding.

The occurrence of a medical problem during birth, however, may dictate immediate intervention and the use of certain drugs and procedures. In such cases the normal bonding process must be delayed for the safety of mother and baby, but care should be taken to bring the baby and parents together at the earliest opportunity.

## SENSITIVE PERIOD

Some researchers believe that in the first minutes and hours after birth there exists a special sensitive period when the mother and baby should be together to initiate the development of a close tie between them. During this period, the baby is alert and ready to respond to his environment. At the same time the mother and father are physically and emotionally attracted to their baby, and reciprocal reactions of great richness and complexity occur between the parents and baby.

Separation of the mother and baby during the postpartum period by hospital routines can interfere with early maternal affection and responsiveness to the newborn. Several studies have confirmed that mothers who have extra physical contact with their newborn baby in the first three days (one hour after birth plus five extra hours each day) rather than routine contact (20 minutes or so every four hours), exhibit significantly more bonding behavior and affectionate exchanges with their babies at one month and one year. Two years later, in one group that was studied extra-contact mothers communicated differently with their children, using more descriptive words and questions. Thus, although more research is needed, it is possible that a few extra hours of mother-baby contact after the baby's birth and during the hospital stay may affect the child's later learning and language development.

Other investigations showed that early maternal-baby contact led to longer breastfeeding and had beneficial effects on the baby's health and growth in the first year. (Recent evidence demonstrates measurable health benefits when a baby is breastfed for longer than four and one-

half months.)

Because of these significant findings, some neonatologists (physicians who specialize in caring for newborn babies) recommend that during the first hour after birth the parents be encouraged to spend a period with their baby in complete privacy. They also recommend that eye medications (usually silver nitrate) for the newborn baby can be safely delayed until after the family meeting in this first hour, thus promoting the eye-to-eye exchange that is so rewarding. It is now known that babies can see at birth and that the alert, unmedicated baby will focus on a moving object at a distance of ten to fifteen inches. A mother seems to be particularly attracted to her baby's eyes, and she will position her head so that her eyes can meet her baby's eyes (*en face* position).

The role of touch in maternal-baby bonding is fundamental, and this time of family privacy enables the mother to stroke and explore her baby's body and to hold him against her bare chest. To help maintain the proper temperature for the baby, a blanket covers them both, and some hospitals may use a heat panel above the bed. Not only does this skin-to-skin contact allow the mother to communicate affection to her baby but it can help the uterus to become firm by stimulating beneficial release of hormones.

Many physicians now recognize the importance of parents having early and extended interaction with their newborn baby during the sensitive period to enhance the natural bonding process. During a prenatal visit, parents should tell their physician about their desire for early contact with their newborn baby, and thus they and the physician can discuss and plan the necessary arrangements together.

**There is no medical reason why healthy mothers and babies should not be together from the time of birth to the time of discharge from the hospital.**

***"A father's early and extended contact with his newborn baby appears to release strong feelings of intense interest in his baby."***

### **ROLE OF THE FATHER**

The importance of the father as a reassuring and active participant during childbirth has only recently been acknowledged. As with the mother, many factors combine to influence father-to-baby attachment, and often what affects the mother will affect the father and vice versa. Educational programs that involve the father by teaching him how to actively help and support the mother during labor and birth should begin during pregnancy. The presence of the prepared father during childbirth has been linked with increased feelings of paternal involvement with both mother and baby, and it can have a positive effect on how the mother perceives pain, can decrease her use of medication, and can make the birth experience much more rewarding for her. A satisfying birth can increase the mother's self-esteem, which will then increase the father's self-esteem and feelings of attachment for his baby. The birth environment has a significant effect on the father's feelings of comfort and relaxation, and disruptions or separations that lessen or prevent father-baby contact can negatively affect bonding.

A father's early and extended contact with his newborn baby appears to release strong feelings of intense interest in his baby. He often expresses a desire to touch, hold, and interact with his baby, and will

do so if given the opportunity. These positive feelings are enhanced by the baby's normal reflex movements and behavior. This close physical contact, so important to the initiation of bonding, and the opportunity to learn basic caregiving skills can result not only in greater early involvement of fathers with their babies but is also evident three months later.

Although both fathers and mothers stimulate and interact with their baby, they may do so in different ways. Fathers like to talk to, play with, and imitate the baby more than the mother; they smile less at the baby; and they are less active (but just as efficient) in bottle feeding and taking care of the baby. When the parents are together rather than alone with the baby, they affect each other's responses in a positive way, examining and smiling at the baby more.

Because early father-baby interactions may be basic to the development of a strong father-child relationship later in life, support for the father's role in childbearing and after birth in the hospital is essential. It has been suggested that if fathers were given paternity leave during pregnancy for prenatal visits to the obstetrician and immediately after birth to help them adjust to changes in the family, their role and contribution in caring for the baby might be expanded (if this is desired by the parents). ■

***"Because early, father-baby interactions may be basic to the development of a strong father-child relationship later in life, support, for the father's role in childbearing and after birth in the hospital is essential."***

# Fathering:

## Two Book Reviews

### **FATHER FEELINGS by Eliot A. Daley, 1978, \$7.95 hardcover.**

*Father Feelings* is one of the best books I've read in years. It hints at the very core of what life is about. Hints? No — it shouts. It is always insightful, generally humorous, frequently poignant. While so many of us are unwilling, or perhaps afraid, to savor the depths of feelings which enter our lives, the author admits them, revels in them, and unashamedly tells the world about them.

Mr. Daley, a husband and father of three, is obviously concerned with families. He has been a minister, and for six years was associated with *Mister Rogers' Neighborhood*. In 1970 he served as presiding officer for the forum on Child Development and The Mass Media at the White House Conference On Children. He is a founding member of the National Council On Children and Television and is the originator of the National Endowment for Children's Television.

Mr. Daley depicts numerous everyday events that occur in his (our?) family — things such as television addiction, teasing, who feeds the cat, and the use of parental prerogatives. Reading the book one feels a real kinship with the author — when was the last time everyone in your house said, "I didn't do it?"

The author demonstrates the range of feeling he experiences in the many aspects of fathering. In "Stop Yelling, I Screamed," Daley describes his reaction to his children's teasing of one another and to his rage when he feels helpless and overwhelmed by his inability to stop them. On the other hand, in "Sibling Fidelity," the reader can literally feel his incredible joy when he sees evidences of the deep love the children share.

Throughout the book, Mr. Daley shows how he has helped his children grow, and how they, in turn, have helped him grow. His insight into the workings of the family is a thing of beauty. His memories of childhood, both good and bad, help him to stay in touch with his own children, and understand how they feel.

Human, warm, and wholly honest, Daley runs the gamut of life with children, the emotions such a way of life begets, and the successes and failures which befall us all as parents. His message for parents is clear. We all have

different parenting styles — strict or soft, rigid or loose. Emotionally healthy kids don't have fewer "hassles" with their parents, are both good and bad, think they have too many or too few limits set for them. But, he says, "for the most part, (they) never doubt for a minute that they are just about the best thing that ever happened to their mother and father.

And that makes all the difference! (Phil Countryman, *La Leche League NEWS*, May-June 1979).

### **FATHERING, Participation in Labor and Birth, by Celeste Phillips and Joseph Anzalone, 1978, \$8.50 paperback.**

In our culture, literature relating to father's involvement in pregnancy and birth has been sparse. On reviewing the psychological literature, it would seem that the American male's parental role is almost limited to impregnation, paying the bills nine months later, and then magically appearing again as a role model for adolescent boys.

This very lack of information on fathers and fathering has reinforced the idea that fathers in our culture are not interested in birth and babies. Nothing could be farther removed from the truth.

This book examines the prospective father in terms of changing roles and the trend to father participation in labor and birth. Dr. Anzalone discusses his experiences with well over 2,000 births in which the fathers were present. A unit on "Family-centered care" discusses traditional maternity care and maternity care alternatives. But perhaps the strength of the book is a collection of twenty-four interviews with fathers who share their birth experiences within minutes, hours, or days after the births. There are ten interviews with fathers who share memories of their birth experiences from one to fifteen years after being present at the birth of their child.

The authors had intended the book to be used as a tool to open delivery room doors to fathers. Prospective fathers could benefit from reading of other men's experiences, and the book could be useful in convincing reluctant physicians that fathers can safely participate in labor and birth.

(Carolyn Fisher, R.N., Capitola, California).

# THE CASE FOR PREVENTION

"The development and application of primary prevention programs in the field of the emotional disorders is the great unmet mental health challenge of our time. From both a moral and ethical point of view preventive intervention has the potential for reducing human suffering associated with emotional disorder and the impact of that suffering on family and friends. From an economic point of view, **effective primary prevention programs are less expensive in the long run than the direct and indirect costs to society of not providing such services.**" President's Commission on Mental Health, 1977 (emphasis added).

Prevention is an idea that must have had one of the longest gestation periods on record. Born originally of the mental hygiene movement pioneered by Clifford Beers in the first decade of this century, it has been periodically nourished by White House conferences in the United States and Troubled Child conferences in Canada devoted to the problems of children and youth. The coming of age of prevention surely coincided with the community mental health movement of the 1960's.

Caplan, described by Broskowski and Baker (1974) as a "major architect of community mental health theory", emphasized the importance of adopting a public health approach to the widespread prevalence of mental illness and underlined the necessity for preventive measures (1967). During the past fifteen years, it has become clear that in spite of large increases in the number and quality

of our services, they have still not begun to meet the needs of disturbed and troubled children; for many children they have been of dubious effectiveness, and for the most emotionally disturbed and damaged, our services, to quote the **Caldic Report** (1970), are "too little and too late".

Many experts in the field of children's services feel that our society does not fully recognize that children are one of our greatest natural resources or that it is in the interest of the nation to see that children reach their optimal potential. Although public concern for the natural environment has resulted in some government action, and we now have laws that are beginning to protect our lakes, forests and oceans and the wildlife in them, there is as yet no implementation of the "law of the conservation of human potential" as enunciated by Noshpitz (1974).

"Each human, like a turnip, is cultivated. The whole race thus is well or badly tended and trained, not in a vegetable patch, certainly, but in a world wide park of culture that, like Disneyland, is there to educate as well as to amuse. We are speaking literally and seriously; humanity as a tended, nurtured species." Rose (1976)

*"...a home economics teacher who can teach even one female student enough about nutrition in pregnancy to prevent one premature birth that would result in one severely handicapped child, will more than pay for the salary of her entire lifetime."*

Although the species is in much better condition than it was a mere hundred years ago, it appears that, even in this affluent society, a large number of children and their parents are not well tended. Over the years more and more studies have emphasized the extent of emotional and behavioural dysfunction in children in relative and absolute terms. Of course we recognize that the causes of emotional, behavioural, and learning disorders are many and that in looking for the causes, we have to consider not only genetic, intrapsychic and family conditions, but also social, cultural and economic influences.

In Ontario in 1972 over 14,000 juveniles were charged under the criminal code; by 1976 the number had increased to over 18,000. Suicide among Ontario youth has increased by 32 percent over the last seven years. In absolute numbers, there were 76 more suicides in 1977 than there were in 1971. In 1977 there were over 13,000 children in the care of Children's Aid Societies. In 1978 there were 1,700 children in provincial facilities for the mentally retarded, and over 25,000 children (2.6 percent of all elementary school children) enrolled in special education classes in Ontario elementary schools. It has been estimated that between 5 and 10 percent of school children suffer from emotional and learning disorders. Now that there is more adequate reporting, it is clear that child abuse is a serious problem. There is also a significant increase in alcoholism and drug abuse among adolescents.

In Ontario in 1972-73, all levels of government spent \$439.3 million or \$58 per capita on social services (**Ontario Statistics, 1978**, Tables 414 and 415).

This rose to \$842.9 million or \$101 per capita in 1976-77 — an increase of 91% in four years or 22.7% in one year, which is well above the growth rate of the economy.

Preventive measures are less expensive in the long run than the costs of not providing such care. Wynn (1978) states, for example, that a home economics teacher who can teach even one female student enough about nutrition in pregnancy to prevent one premature birth that would result in one severely handicapped child, will more than pay for the salary of her entire lifetime.

According to Conley (1979), the cost in 1970 of caring for one severely handicapped person over a lifetime was \$900,000. It is obvious that prevention programs that reduce the incidence of handicaps would save us a significant amount of money. In France the "6th plan", which ran from 1966 to 1970, and which provided intensive pre-natal and perinatal care for high risk pregnancies, is estimated to have saved 7 billion dollars in long-term care for an initial investment of \$900,000,000.

The early years are crucial for intellectual and emotional development. And yet, little help, training or guidance is given to the parents, who are responsible for providing the essential emotional and learning environment for their young children. We still know surprisingly little about how our children learn, or why some flourish in circumstances of disadvantage, while others so easily become disturbed or delinquent, and in turn run the risk of becoming one more generation of incompetent parents.

However, some of the causes are becoming clearer. It is evident that disadvantaged children are more prone to a wide

range of disorders, from increased mortality at birth, to increased likelihood of prematurity and its negative consequences, brain damage, developmental handicaps, learning disorders, behavioral problems and delinquency. The effects of cumulative stress on the developing child are becoming more clearly delineated. It is becoming clearer that our palliative social, health care and correctional methods, while effective for many children, have failed the children who are most "at risk". The developmental potential of these children has been wasted, the cost to society is enormous,

and their future competence as parents is in jeopardy. For that reason, the search for protective factors and feasible preventive measures, (individual, familial, environmental and societal) is becoming more urgent. ■

*Excerpted from Chapter Two of "The State of the Art: A Background Paper on Prevention" prepared under the direction of Dr. Naomi Rae Grant for the Children's Services Division of the Ontario Ministry of Community and Social Services — October 1979 — 93 pages.*

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*"The literature is replete with broadsides on one hand and homilies on the other toward primary prevention. For example, primary prevention has been described as 'a benevolent gambling', 'more cost than benefit', 'Our Holy Grail', 'corralling a cloud', and a 'magical notion', 'a woolly notion' and 'an illusion'. These phrases are cited to illustrate the rhetoric that has been utilized in place of funds for primary prevention research and practice. Rhetoric aside, primary prevention is neither smoke nor a cloud, nor a rosy vision of a happier tomorrow, but specific actions directed to specific populations...."*

*Stephen E. Goldston*



# THE HEART OF PREVENTION

The following, written by Rev. J. A. Davidson, is an imaginative addendum, in semi-poetic form, to the Parable of the Good Samaritan. It purports to tell what happened afterwards. Perhaps the irony is rather heavy-handed, even unfair, but it makes a significant point.

The Levite, moving quickly, overtook the priest,  
an older man whose step was slow.

As they walked along the road  
they talked of many things.

They discussed, hesitantly,  
the man they had seen lying on the road,  
and they agreed  
that Something must be done about brigandage.

When they were next in Jerusalem  
They told their fellow priests and Levites  
about the man on the road.

Their friends were deeply shocked.

Indignation was at a high pitch  
in the Temple porch that day.

And out of that indignation  
came the Society for the Suppression of Brigandage.  
The priest was elected second vice-president  
and given wide executive responsibilities.

The Levite was appointed national financial secretary.

The Society expanded rapidly.  
Branches were organized throughout the land.

A constitution was adopted after due debate,  
and a set of by-laws drawn up.

Members were enrolled.

There was a drive for funds.

The executive hired a good public relations man —  
a bit expensive he was, but he really produced  
and was worth every denar they paid him.

Judaea became brigandage conscious.

The Society for the Suppression of Brigandage  
was a huge success.

That priest brought tears to many hard eyes  
with his graphic description  
of that poor man lying on the road.  
(Several small boys ran away from home  
and tried to join the brigands.)  
Fingers of scorn were pointed at the brigands.

The same fingers, in a different pose,  
were used for pointing with pride  
at the activities of the Society.

Throughout the whole land,  
brigandage was thoroughly viewed with alarm.

The people knew that Somebody  
was doing Something about it.

Unfortunately, the brigands kept right on briganding:  
no one could find them  
to tell them how awful they were.

And as for that Samaritan travelling man —  
well, he did buy a pretty tag from a pretty girl  
one day in the Jerusalem market,  
a tag which showed that he supported  
the work of the Society for the Suppression of  
Brigandage.

**"It is terribly easy to go all sentimental about mankind in general, to become a bleeding-heart about that great abstraction, "humanity" — and at the same time be indifferent, mean and selfish and uncaring, toward many of the persons with whom we live and work and encounter in our everyday life."**

**J. A. Davidson**

**"... In the area of child abuse, we have a case history of how our society deals with a social problem. The facts are made known early in the game. But then the issue is dramatized, publicized, politicized, bureaucratized, and professionalized, all in the name of dealing with the problem. It may well be that the original fact-finder reels back in disbelief when, years later, after the stampede, he looks at what has ensued and what has been ignored."**

**Leroy H. Pelton**

**"We must be willing to face the hard reality that preventing child abuse and neglect is possible only when we are ready to attack its sources in the fabric of our society and culture, rather than merely provide social and medical services to its victims . . ."**

**David G. Gil\***

\*In the last issue of the Journal this quotation from David Gil was erroneously attributed to Dr. Pelton. Our apologies.

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

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Plusieurs enfants âgés de moins de 3 ans sont placés dans des garderies (garderies de jour, gardiens au foyer, etc.) soit parce que l'Etat n'a pas de programmes de subventions aux familles, soit (mais il est plus difficile de soumettre cet argument à une discussion rationnelle) parce que même les femmes qui appartiennent à des professions qui sont reliées au domaine de la psychologie ou à celui des sciences sociales et qui, de ce fait, connaissent bien l'importance pour les jeunes enfants de continuer à recevoir l'attention et les soins de leurs mères, n'hésitent pas à confier leurs propres enfants à des services de garderie pendant des jours entiers ou durant plusieurs heures d'affilée. Puis, faisant appel à une logique de circonstance, elles s'appliquent à démontrer que ce qui contribue à leur épanouissement personnel ne peut pas être nuisible à leurs enfants. Je pense que nous avons ici une des sources les plus profondes de l'ambivalence qui oppose la femme de carrière à la mère qui souhaiterait pouvoir donner une priorité absolue aux besoins affectifs de son bébé ou de son jeune enfant, sans pour cela devoir renoncer à sa profession . . .

Nous savons par expérience l'influence considérable qu'ont les femmes qui exercent leur profession soit à la télévision ou dans les autres medias et qui, pour pouvoir travailler, doivent nécessairement partager la responsabilité de garde de leurs enfants; cette influence est souvent le facteur inconscient qui fait que certains mouvements progressifs en faveur des enfants, qui ont pour but de démontrer combien la satisfaction des besoins émotionnels chez les très jeunes enfants est fortement reliée à leur santé mentales, en arrivent à faire une seconde priorité de ce qui devait être leur objectif principal.

Cependant, tout n'est pas entièrement sombre. Car il y a de plus de jeunes femmes qui, bien que possédant un diplôme universitaire, ont compris l'importance de s'occuper elles-mêmes de leurs jeunes enfants. Elles savent que cette tâche n'exigera que quelques années de leur vie et qu'ensuite, elles pourront reprendre graduellement leur travail. Et il y en a aussi plusieurs qui poursuivent doucement, en compagnie de leurs maris, leur rôle de parents — mais puisqu'elles ne combattent pas pour des "droits" . . . ces femmes ne seront jamais en première ligne!

Traduit d'après James Robertson  
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Robertson Centre  
London, England

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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.

# CSPCC 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.