



EMPATHIC PARENTING

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

Volume 25

Issue 4

Autumn 2002



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The Sins of Our Fathers

It is said that the only time anyone is interested in learning about childrearing is when their first child is on the way.

Consciously and unconsciously, for better or worse, we raise our children the way we were raised. That this is true has been recognized since biblical times.

How do we alter this chicken and egg cycle? How can new parents do better than that which was done unto them?

Part of the answer lies in exposing parents-to-be to information about parenting that they might not otherwise come to know.

Schools would seem a logical place for such education. Teachers are trained to make new information interesting, and to reward students for learning it.

Does such material have a reasonable claim on teachers' and students' time?

Yes.

Information about parenting is preparation for the one job every student is most likely to have.

ETB

WHAT IS EMPATHIC PARENTING?

Being willing and able to put yourself in your child's shoes in order to correctly identify his/her feelings, and

Being willing and able to behave toward your child in ways which take those feelings into account.

Empathic Parenting takes an enormous amount of time and energy and fully involves both parents in a co-operative, sharing way.

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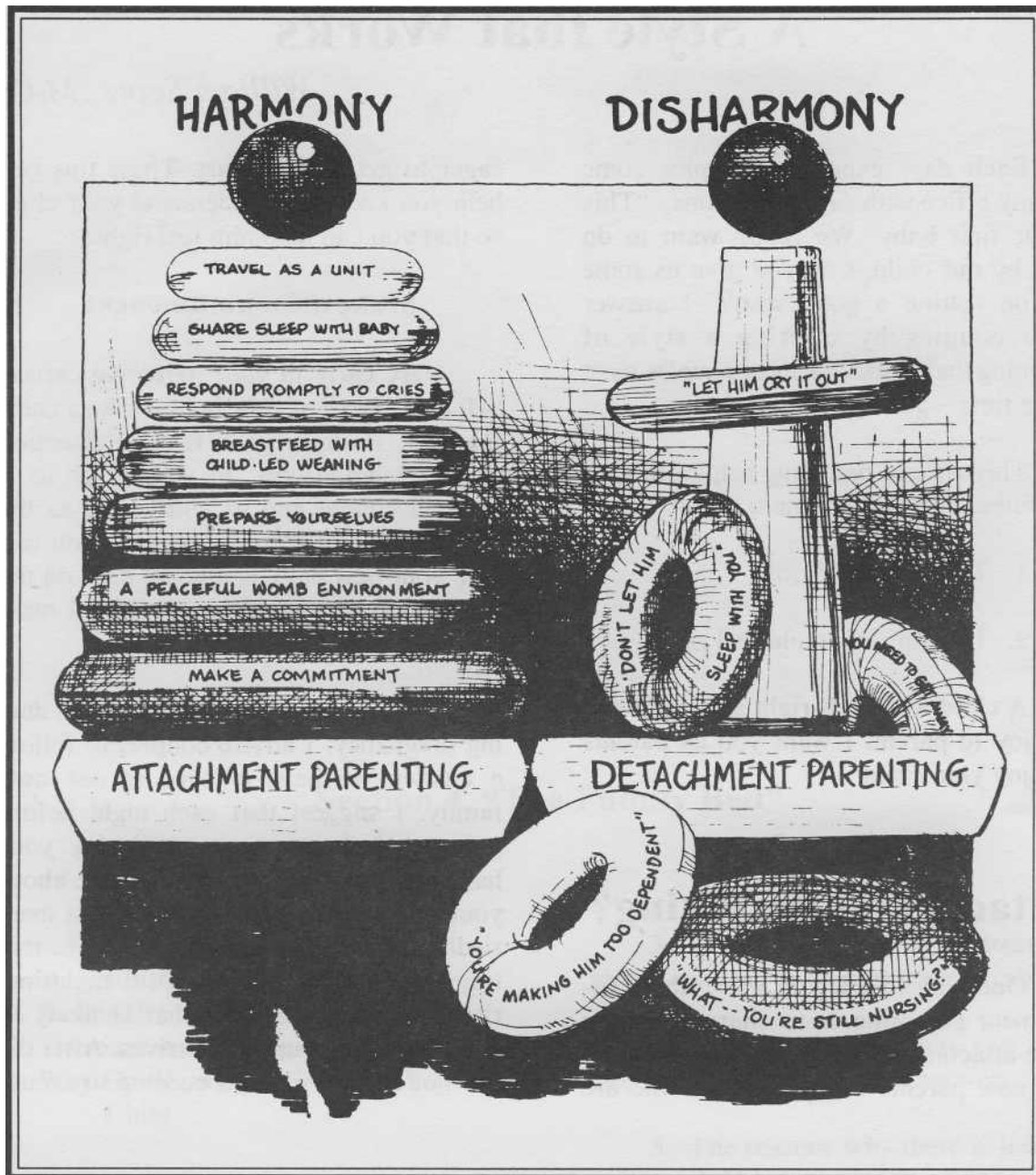
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The Fastest Growing Religion
Physical Punishment in the
Home
A Certificate for Parenting

Attachment Parenting





*Attachment parenting builds family harmony,
but detachment parenting leads to disharmony*

Attachment Parenting: A Style that Works

William Sears, M.D.

Each day, expectant couples come into my office with eager questions. “This is our first baby. We really want to do right by our child. Can you give us some tips on getting a good start?” I answer these couples by offering a style of parenting that works for most couples most of the time – attachment parenting.

This style of parenting helps a mother and father achieve two main goals:

1. To know their child.
2. To help their child feel right.

A child who feels right acts right and is a joy to parent. I want you as parents to enjoy your child.

What is Attachment Parenting?

One way to tell you more about attachment parenting is to share with you some attachment tips. This is the advice I give new parents in my practice who are

eager to get a good start. These tips can help you know and understand your child so that you can help him feel right.

Make a Commitment

Very early in your parenting career, before the birth of your baby, make a commitment. Promise your faithful attention to two relationships: to yourselves as a married couple and to your child as his parents. One of the greatest gifts you can give your new baby is a home built on the foundation of a stable and fulfilled marriage.

To strengthen these commitments during pregnancy, I advise couples to follow a custom we have enjoyed in our own family. I suggest that each night before going to bed you as a couple lay your hands on the pregnant uterus. Talk about your commitment to each other as a married couple and your commitment to this tiny life inside. This beautiful nighttime ritual gets to be a habit that is likely to continue after your baby arrives. After the birth of our baby, I had become so accus-

*Excerpted from the book **Nighttime Parenting – How to Get Your Baby and Child to Sleep.** ©William Sears, MD. Reprinted with kind permission of the author. This superb 200 page soft cover book (ISBN 0-912500-19-0) and others in the GROWING FAMILY SERIES are published by La Leche League International, P. O. Box 1209, Franklin Park, 17. 60131-8209, U.S.A. Originally published in 1993, Nighttime Parenting has been revised and updated in a 1999 edition ISBN 0452281482*

*Dr. Sears has published twenty-seven books, most recently the immensely popular (Amazon.com Sales Rank 106!) **The Baby Book: Everything You Need to Know About Your Baby from Birth to Age Two***
Dr. Sears is a pediatrician in private practice in Pasadena, California, assistant professor of pediatrics at the University of Southern California, and a writer and frequent speaker on parenting and child care. His Website is <http://www.askdrsears.com/>

tomed to laying my hands on my unborn baby that I couldn't get to sleep at night unless I would go over and lay my hand on the head of our little newborn and reaffirm my commitment to fathering her. I was hooked! I was already attached before our infant was born.

Create a Peaceful Womb Experience

In the past twenty years there have been new and exciting discoveries about the fetus's sensory and emotional awareness. Mother and her unborn baby share emotions. When mother is upset, baby may be upset. If your pregnancy is cluttered with emotional stress (especially the last three months), you have a higher risk of having a child who is anxious, and an anxious child has a high risk of being a difficult sleeper. By creating a peaceful pregnancy experience you begin creating harmony with your baby. This prenatal harmony may well carry over into the baby's sleep patterns.

Prepare Yourself

Many couples spend a lot of time and money preparing the properly appointed nursery. Your baby could care less what his or her room looks like. He wants you, so prepare yourselves. Parent support groups can assist you in this preparation by helping you arrive at a parenting style that best fits your level of commitment and your own family situation. In my opinion, the most effective parent support organization is **La Leche League International**, a worldwide mother-to-mother communication network. La Leche League is especially effective in the concept of attachment parenting for breastfeeding mothers. I advise new moth-

ers to join this organization early in their parenting careers, preferably during pregnancy.

An important part of preparing yourself is to take a good prepared child-birth class and select your birthing options wisely. Choose a birthing environment which encourages you to stay in tune with your body during labour. Mothers who are properly prepared to decode their body's signals (for example, when to move around and when to lie still) and who give birth in an environment which allows them the freedom to do so are more likely to become quickly attached to their babies. Mothers who have a birthing experience where fear and lack of control predominate may have more difficulty forming an immediate attachment. There is also higher risk of having a difficult sleeper if you have a difficult labour and delivery.

Breastfeed with Child-Led Weaning

Breastfeeding encourages attachment and helps you take cues from your baby. It encourages you to watch your baby for signs of needing food and comfort rather than watching the clock and counting ounces. You and your baby will learn to know each other better and will be more in harmony with one another.

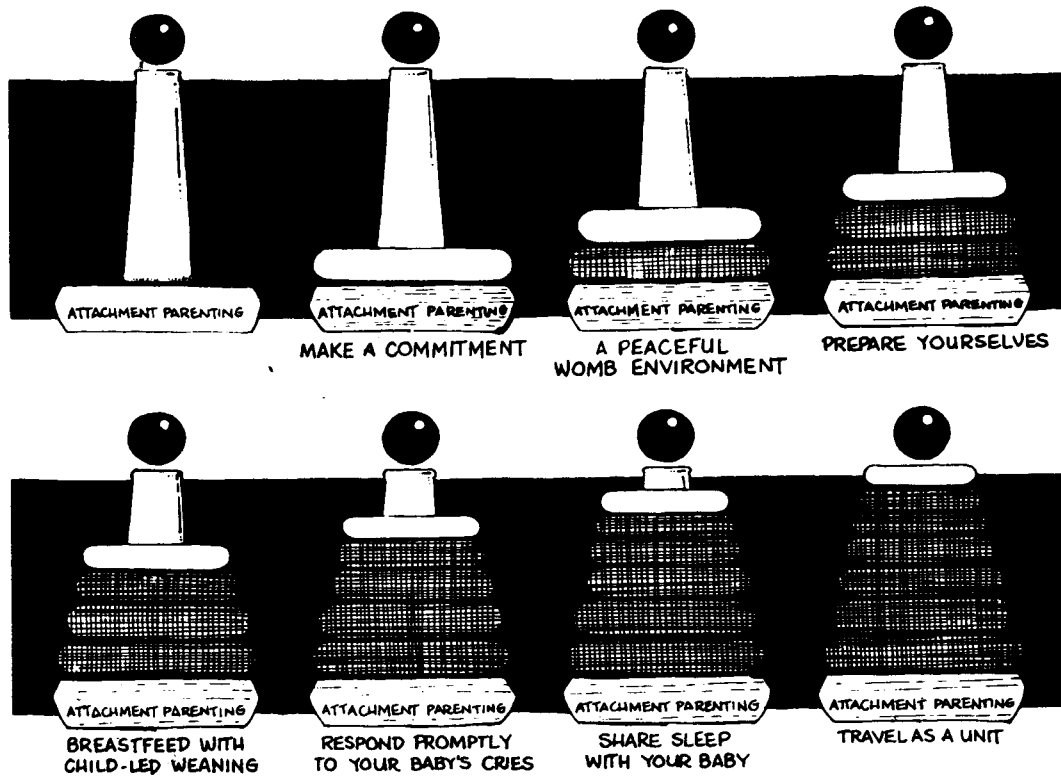
I have a sign in my office that says, "Early weaning not recommended for infants." New mothers are vulnerable to careless comments of well-meaning friends and relatives who exclaim, "What, you're still nursing?" Part of understanding the general philosophy of attachment parenting is understanding the real meaning of the term weaning. Parents often think of weaning as a loss of a relationship, a detach-

ment. Weaning is really not a negative term but a very positive one. In ancient writings, the term weaning meant “to ripen”. It is a feeling of fulfillment and readiness whereby a child looks up to his mother and says or feels, “I am filled with this relationship and ready to pass on to another one. Thanks Mom.”

Life is a series of weanings – weaning from the womb, weaning from the breast, weaning from parents’ bed or crib, weaning from home to school, from school

to work. Whenever a child is weaned from any of these places of security before he is ready, he is at risk for developing what I call behaviours of premature weaning. These stem from an underlying feeling of “not right” and include anger, aggression, and moodiness, all of which can stay with the child through life.

Don’t limit your breastfeeding to a predetermined number of months, what I call **calendar parenting**. As long as both parties of the nursing couple enjoy this



Build the attachment style of parenting using tips that help you know and understand your child

relationship, then nurse until both of you are filled. Calendar parenting simply does not work, and it often produces a short-term gain for a long-term loss. It is much more realistic for parents to enter their parenting careers without any pre-conceived expectations of when a child should give up a certain need. The rate at which babies develop physically and emotionally varies tremendously. Having rigid and unrealistic expectations will only lead to frustration which can put a damper on your spontaneous interaction with your child and ultimately lessen your enjoyment. More importantly, imposing restraints on your child's source of security can have longlasting effects on his physical and mental well-being.

Respond Promptly to your Baby's Cries

Every baby comes wired with an ability to signal his needs. Adults call this unique language the cry. Every mother develops the "wiring" necessary to receive her baby's signal. This is a special communication network designed for the survival of the baby and the development of the mother. Promptly responding to your baby's cries increases your sensitivity to your baby. Sensitivity helps develop your parental intuition.

Be Open to Trying Various Sleeping Arrangements

Babies often give their parents cues as to where they want to sleep. Some babies sleep best in their own rooms; others sleep best in a bed in their parent's room; many babies sleep best in their parents' bed. Parents have varying preferences as well. The sleeping arrangement whereby

all three of you (mother, father and baby) sleep best is the right one for your individual family. Your baby trusts that you are open and receptive to the cues that he is giving you about where he needs to sleep. You are also trusting yourself to respond to your baby's needs for a certain sleeping arrangement even though this may not be in accordance with the norms of your neighbourhood. One of the most important pieces of baby furniture I advise new parents to purchase is a kingsize bed. Welcoming your baby into your bed is just another part of a parenting style of trust and openness. If sleeping with your baby feels right to you and is working, then it is okay. As with any feature of a parenting style, if it is not working and does not feel right, then drop it.

Travel as a Father-Mother-Baby Unit

While traveling on a speaking tour of Australia I began to appreciate the "marsupial mothering" style of kangaroos, whose babies are nearly always in touch with the mother because they live in a pouch on the mother's abdomen. I advise couples not to succumb to the usual outside pressure to "get away from your baby", but instead to become accustomed to "wearing" the baby in an infant sling or baby carrier. As you get used to being a unit you will feel right when you are together and not right when you're apart. Functioning together by day makes it easier to function together by night.

Beware of Detachment Parenting

This is a restrained style of parenting that warns parents against taking cues from their child. The advocates of de-

achment parenting preach: “Let the baby cry it out. He has to learn to sleep through the night.” “Don’t be so quick to pick your baby up. You’re spoiling her. “Get your baby on a schedule. He’s manipulating you.” “Don’t let your baby in your bed. You’re creating a terrible habit.” Besides being full of negatives, this style of parenting also features quick and easy recipes for difficult problems. For example, when a baby repeatedly awakens during the night, detachment parenting advises, “Let him cry one hour the first night, forty-five minutes the second night and by the third night, he’ll sleep through the night.”

Parents, let me caution you. Difficult problems in child rearing do not have easy answers. Children are too valuable and their needs too important to be made victims of cheap, shallow advice. In my experience, parents who practice detachment parenting are at risk of losing their intuition and confidence and are less likely to achieve those two important goals of parenting, knowing their child and helping their child feel right.

What’s in it for Parents? The Payoff

What difference does the attachment style of parenting make? Will it make you a better parent? I have been sharing the above attachment tips with my patients over the last ten years, and we practice them in our family. It does make a difference. Parents who practice the attachment style of parenting know their child well. They are observant of their infant’s cues, respond to them intuitively, and are confident their responses are appropriate. They have realistic expectations of their

child’s behaviour at various stages of development, and they know how to convey expected behaviour to their child. Their children are a source of joy. The feeling that the attachment style of parenting gives you and your child can be summed up in one word, **harmony**.

Besides a harmonious relationship, the attachment style of parenting also promotes a “**harmonious**” relationship. Mothers who practice these attachment styles of parenting actually undergo chemical changes. The hormone prolactin, often called the “mothering hormone”, may enhance a woman’s ability to mother as well as create a feeling of calmness and well-being during trying times. In experiments where this hormone is injected into male birds, they act like mothers. Mothers who practice the attachment style of parenting actually have more prolactin than mothers who exercise restraint. What makes the prolactin go up? You guessed it: unrestricted breastfeeding, lots of skin-to-skin contact with the baby, and sleeping with the baby. Science is finally catching up with what intuitive mothers have known all long: Good things happen when mothers and babies spend more time with each other.

By now you may be thinking that attachment parenting is all giving, giving, giving. Well, to a certain extent, that is true. Mothers are givers and babies are takers – that is a realistic expectation of a mother-baby relationship. The baby’s ability to give back will come later. Better takers usually become better givers. However, because of the hormone prolactin, as mothers give to babies, babies give something back to mothers. The attachment style of parenting allows mothering to stimulate more mothering.

Why Attachment Parenting Works

Attachment parenting works because it respects the individual temperament of the child. The child comes equipped with a certain level of needs and the ability to give cues about what these needs are. The parents, by first being open to the child's cues, learn how to read the child and respond. Because the response helps the child feel right, he learns to cue better and parents learn to respond better. In a nutshell, both members of the parent-child communication network participate in the development of each other's skills. A cue-giving child and a responsive parent bring out the best in each other. On the other hand, detachment parenting with its restrained responses brings out the worst in both. The child's cries become more disturbing and parents become more angry. Baby and parent learn not to trust each other and eventually become insensitive to each other. Insensitivity gets parents into trouble.

The attachment style of parenting is especially effective when parenting the high need child. This little child goes by many well known names: the fussy baby, the difficult baby, the demanding baby, the challenging baby, the strong-willed child. I prefer to call these children **high need children**. It is not only a more positive term, but it also describes the level of parenting these children need. These are the children who most need attachment parenting.

What's in it for your Child?

Self-Esteem

The infant who is the product of attachment parenting learns that his needs will be met consistently and predictably. The child learns to trust. Trust creates a feeling that "I am a special person". This is the emergence of your child's self-esteem, the feeling of rightness which is so vitally important to the development of personality.

Intimacy

The child learns to bond to persons, not things. The infant who is accustomed to being in arms, at breast, and in mommy and daddy's bed receives security and fulfillment from personal relationships. This infant is more likely to become a child who forms meaningful attachments with peers and in adulthood is more likely to develop a deep intimacy with a mate. The child who is often left by himself in swings, cribs, and playpens is at risk for developing shallow interpersonal relationships and becoming increasingly unfulfilled by a materialistic world.

Nurturing Qualities

The child learns to be sensitive and giving. The child who receives the attachment style of parenting learns to care for others with the sensitive and giving quality that he received from his parents.

Discipline

Practicing the attachment style of parenting actually makes discipline (that

magic word you've all been waiting for) easier. Because you know your child better, you are able to read your child's behaviour more accurately and respond more appropriately. Because your child feels right, he is more likely to act right. The child who has this inner feeling of rightness is more likely to develop a healthy conscience. He feels right when he does right and feels wrong when he does wrong. This style of parenting makes it easier to create an attitude within your child and an atmosphere within your home that makes punishment less necessary. When necessary, it is administered more appropriately. Because of their attachment to one another, parent and child trust each other. Trust is the basis of authority, and a trusted authority figure disciplines more effectively.

Long-Term Benefits

Attachment parenting has long-term benefits too. Let me share with you a very important concept of child rearing called **modeling**: the parenting style children grow up with is the one they most likely will carry into their own parenting careers. Remember, you are parenting someone else's future husband or future wife, and your grandchildren's future mother or father.

I will illustrate the importance of modeling by sharing with you two incidents which occurred recently in my practice and my family. One day a new mother brought her newborn baby into my office for a check-up. She also brought along her twenty-two month old daughter, Tiffany. When the newborn began to cry, Tiffany rushed to her mother and exclaimed, "Mommy, baby cry. Pickup, rock-rock, nurse!"

Why had Tiffany responded so quickly to the cries of her sister? Because she had been modeled so. What will Tiffany do when she becomes a mother and her own baby cries? You guessed it! "Pick up, rock-rock, nurse!"

The importance of modeling parenting styles to teenagers was driven home to my wife and me one day when we heard our nine month old daughter, Erin, crying from our bedroom. Since we believe in ministering promptly to our baby's cries, Martha and I started toward the bedroom. But then we heard the cries stop. As we approached the bedroom door, we saw our fifteen-year old, Jim, lying down on our bed next to Erin and gentling her and consoling her. Why did Jim do this? Jim had modeled his behaviour after ours. He had learned that when babies cry someone listens and responds. As Martha and I witnessed this beautiful attachment scene we knew that both Erin and Jim felt right. Our hearts also felt right because we knew the attachment style of parenting was paying long-term dividends... ☺



William Sears, M.D. and Martha Sears, R.N.

Coping with Sibling Rivalry

Burton White

There is little question in my mind that the difficulties associated with having closely spaced children under age three constitutes the single most pressing concern for families of young children.

Among the hundreds of questions that have been addressed to me since the publication of *The First Three Years of Life*, the most common concerns this particular situation. As I've said (in that book and this one), there really is no way to eliminate the difficulties associated with the situation. All you can hope to do is keep the problems within reasonable limits.

Recently in my talks to groups on this subject I have used the following kind of story to express just how difficult it is for a two-year-old when a younger brother or sister arrives in the home. He's in the same situation a woman would be in if her husband one day announced to her, "Honey, I've got wonderful news for you! Next week I'm planning to bring home someone else to live with us. It'll be a woman; she'll be a bit younger than you,

perhaps a little bit more attractive. In any event, she'll seem that way because I plan to spend more time with her than with you; nevertheless, we're all going to continue to be a very happy family. You'll get used to her presence and I very much want you not only to love her but to show how much you love her."

Most women would find this eventuality intolerable, so how on earth can we expect a two-year-old, whose whole life revolves around the home and the people who care for him, to be able to adjust to such a change? The only toddler who wouldn't be extremely jealous and unhappy about the presence of a nine- or ten-month-old sibling would be one who had very little to lose; and the only kind of two-year-old with very little to lose would be one who had not formed a basic attach-

*From the book, **A Parent's Guide to the First Three Years** by Burton L. White, published by Prentice Hall Inc. but now out of print. Dr. White's best known book, **The First Three Years of Life**, was released in 1985 to very flattering reviews. "...If reading Spock, Leach or Brazelton is chatting with experts over coffee, reading White is like having a professional consultation..." (Publishes Weekly). Completely revised and updated, **The New First Three Years of Life** was published in 1995, ISBN 0684804190*



“Honey, I’ve Got Wonderful News for You!”

ment to his own mother. In a sense, then, the resentment of a two-year-old toward a younger sibling is reasonably good proof that that older child has formed normal, beneficial ties to his mother.

It’s very important for parents to recognize that two closely spaced young siblings are living in a chronically difficult state. You shouldn’t just hope that the troubles will automatically sort themselves out. They usually do not. A special effort is needed to help both children get through their first few years together.

The problems do not often begin during pregnancy or even soon after the child is born. Normally, the older child will maintain his good temper until the new baby starts to crawl, at which point the infant not only needs more of the parents’ attention, but is also probably getting into the older child’s toys as well.

The older child may try to hit the baby or otherwise hurt him. He may regress, that is, become more babyish himself: take to crawling if he is walking; go back to a pacifier or bottle; return to negativism and tantrums; return to wet-

It's very important for parents to recognize that two closely spaced young siblings are living in a chronically difficult state.

ting his pants if he is already toilet trained. Or he may show signs of being unhappy, appear sad, cling to his mother, burst into tears for no apparent reason. The number of different ways in which slightly older children reveal their jealousy in such situations is remarkably large.

That this is a thoroughly undesirable state of affairs is obvious, but if it exists, what do you do about it? The first order of business is to protect the baby from aggression. It makes no sense to try to make the older child feel guilty. After all, his dislike of his sibling is natural, but it must be made clear to him that aggression of any sort is unacceptable; it must not be permitted.

The second task is to make life more bearable for the older child. The happier he is, the easier the life of the new baby will be. Many parents ask me if there is a way to prepare a two-year-old for the arrival of a little sister or brother. Unfortunately, rational explanations of complicated future situations are useless when the listener is less than two years old. But once the baby is home, you can reduce

the upset by avoiding lavish praise of the younger child in the presence of the older one. Also, as soon as possible, provide out-of-home experiences for the older child. These help to relieve the pressure in the family situation. If the older child, for example, is two and one-half or going on three, a regular play group would be an excellent idea. In any event, the use of a babysitter to take the older child on trips to the park, the zoo, and the like would help.

While out-of-home experiences can help to reduce the older sibling's exposure to the jealousy-producing new situation in the family, they must never be used in such a way as to make the older child feel he is being shunted aside. In my judgment, it's terribly important for the older child to have undivided attention from either mother or father regularly, day after day, to reassure that older child in the only language that he can fully understand that he is loved just as much as ever.

Unfortunately, many parents, instead of trying to help the older sibling, place extra demands on him. The older child,

You shouldn't just hope that the troubles will automatically sort themselves out. They usually do not.

who is developing rapidly and is obviously much more mature than the baby, is expected to act with restraint and wisdom. Far from getting sympathy for the unhappy predicament he faces, he's asked to be extra grown-up, not be a bother, and so on. Most often the parents don't mean to be unfair to the older child; they simply overestimate his abilities.

Hard as it is on parents, the fact is that when there are two very young children in the home, both need special attention, and the parents' job is therefore going to be at least twice as demanding as it was before. Let me once again repeat my caveat. There is simply no way of making this situation as easy to live with as dealing with a first child only or with widely spaced children. It is very important that both parents understand that fact.

The Sibling versus the Only Child

This is yet another issue about which we have very little scientific knowledge. Therefore once again I have to qualify what I say. My remarks are largely an extrapolation from what little we know.

Only children seem to be in some ways better off and in other ways less well off than other children. Certainly they have a major advantage, living in a more

loving atmosphere during their first years, than do children with closely spaced siblings. The young child who must constantly compete with a close older or younger sibling (or both) is often handicapped in her development by the stress and sometimes even the danger of her situation. Only children don't experience such daily hostility; by and large they spend their time with adults who are considerate of them, who are aware of the harmful things that can happen to them, and who, in general, surround them with an atmosphere of acceptance.

As for the advantages of having siblings, I can think of none if the spacing is narrow (less than two and one-half or three years). When children are more

widely spaced, they usually do seem to like and enjoy each other. I should hasten to add that five- and six-year-olds actually spend very little time playing with their siblings. Yet when they do, they enjoy a special kind of experience and familial love that is not available to the only child.

In short, the only child and the widely spaced sibling live in somewhat different environments. I would hesitate to say which is better, but perhaps it is enough to observe that either environment seems capable of providing a child with everything he or she needs for excellent development ... ☺

As for the advantages of having siblings, I can think of none if the spacing is narrow (less than two and one-half or three years).

A Cat Named Helen

Bob Greene

...I decided to keep a journal of my child's first year. It would be the story of her life; it would be the story of her parents' lives now that she was a part of those lives. I had no preconceptions, no expectations; I knew it would be like nothing else I had ever been part of, and I didn't want to let any of it pass me by half noticed.

I wrote every day. No matter what else I was doing, I made time to fill in that day's entry in the journal. My thinking was that by paying close attention every day to what was happening to my child, and to her parents, I would have the best chance at the end of the year of having a precise record of what the first year had truly been like...

Two Excerpts

July 21

I ran into a woman I had known several years ago. She was single then; now, I found out, she is married with two children.

She asked me what I had been up to, and I told her about Amanda.

She was enthusiastic about it, but within a few minutes she asked me if we were going to have another baby.

I told her I didn't know; I changed the subject, but she kept bringing it up.

Finally, I said to her, "why are you so anxious to know if I'm going to have another baby?"

"Because it's really important to have two children," she said.

"Why?" I said.

"Because when they grow up," she said, "you need two so that they can go lock themselves in a room and tell each other how much they hate Mommy and Daddy".

July 22

Earlier in this journal, you may recall, there were several references to Helen, my cat. Lately Helen's name has not been appearing here.

Before our child Amanda was born, Helen, our cat, was extremely important to me. She gave my life a little symmetry; in the morning I would get up and go into the bathroom to shave, and Helen would curl up in the sink and watch me. Helen was a constant in my life; if I had to recall the last ten years, many details would escape me, but Helen would

Excerpted from the book **Good Morning, Merry Sunshine** by Bob Greene (ISBN 0-689-11434-6) but out of print}

always be a part of the memories.

Since the birth of Amanda, though, it is as if Helen doesn't exist. We feed her in the morning and at night, but I know that we don't talk to her like we used to, and we don't look at her and ask ourselves stupid questions like "I wonder if she knows who we are." Helen, it must be said, has become not quite as important.

And I think she knows it. Every night she would sleep on the bed, curled up between us; in the morning she would get up with the dawn and stand up and mew us awake.

She doesn't do it anymore. Now she sleeps on the floor; she waits until she hears us getting up, and then she goes to the kitchen and stands there; while we get her food. Somehow, instinctively, she knows that someone else has come into the house and has displaced her. She's still there; it's just that she knows we don't look at her as much.

My question is this; if another baby were to come into the house at some point, would we treat Amanda in any way like we're treating Helen? I know you can't make the precise analogy; but the fact is, a new baby made us devote all our attention to her, and is it not logical to ask whether another new baby might not do the same thing?

If I've learned anything from Amanda, it's that a baby in the house takes precedence over everything. Today it seems impossible that any factor at all could make me think of Amanda less. But of course it's possible; if Amanda were three or four, and suddenly there was another baby in the house, I don't know what would happen.

I guess there's no reason to think about this right now. But some mornings I get up, and I see Helen over by the doorway, where she's been all night. She hasn't come onto the bed to awaken us; she knows that we're really not thinking about her. And it makes me wonder about a lot of things. ☹



A Certificate for Parenting

The course outlined on the following pages was prepared under the direction of the Canadian Society for the Prevention of Cruelty to Children with a grant of \$81,900 from the Canadian Government's Office of Learning Technology. It is available in English and French on the internet at <http://parenting.telecampus.com/> as well as on CD-ROM.

There are nine sections to the course, a glossary of terms, well-selected resources and interesting matching and jigsaw games. Each section has between four and nine lessons, (average 6) and each lesson has one to twenty pages, (average 6) with accompanying drawings. There is a 10 question multiple-choice questionnaire following each section.

After completing the course, which takes on average about ten hours, a post-test score of 80 percent or higher allows the student to print out "A Certificate for Parenting" in their name.

As the introduction to this course states:

"Every person, whether they are a parent or not has pretty strong opinions about how a child should be raised. What is more, all of us think we are "right"! Each of us believes he or she has the correct answer, the best way, for bringing up a healthy happy baby. Not only that, most of us are only too quick to tell other people how they should raise their children. One mother got so much advice from so many people she said she learned that the best answer to all these advice givers was to just smile and say uh huh! So why take a course in parenting?

"There's only one reason: to increase the number of options new parents might consider before having a baby. Why? Because it's very hard to decide about something you've never heard of! So this course is not about the best way to discipline your child or the best method of toilet training. In fact, it's not about a lot of things you might expect a course on parenting would be about. We tried hard to deal only with those things you've never heard about! The hippocampus, cortisol, doulas, baby wearing and ghosts!

By the time you've finished this course we hope you'll understand just three things:

- * What a human baby has evolved over millions of years to expect and need
- * How our culture often clashes with those expectations
- * Important new information about a baby's brain development – after it is born

And, of course, the importance of ghosts!"

Section One, "Birth"

Nine Lessons

1. Childbirth in the Past
2. Childbirth in Today's World
3. The Importance of the Birthing Process
4. Who will Help you have your Baby?
5. Where will you have your Baby?
6. Modern Hospital Childbirth
7. Ten Things to Ask About
8. Circumcision
9. Childbirth in Holland — A Model for the Rest of the World.

Beginning with a look at childbirth in the past and in the present, the student will then learn about the importance of the birth process; and will learn such things as:

- Why the pain of childbirth can be different from other types of pain
- Where knowledge of how to give

What is the most important decision for a pregnant woman to make?

- a. what medicine to take for pain
- b. how much weight to gain
- c. who will be your birth attendant
- d. what vitamins to take

Besides drugs, what things help relieve the pain of labour

- a. changing position, relaxing in a warm bath, having a massage, or listening to music
- b. a doula
- c. having encouragement and support from those who are with you
- d. all of the above

birth comes from

- Why a positive birthing experience is so important
- Why falling in love with your baby is important
- The most important decision to be made
- The different types of places where you can have your baby
- The meaning of "Mother-Friendly" birthing care
- Who can be with you during labour and birth?
- What country has the fewest birthing problems

How long is breast feeding recommended by the American Academy of Paediatrics?

- a. three months
- b. six months
- c. nine months
- d. twelve months

The World Health Organisation says formula feeding is the:

- a. first best choice for babies
- b. second best choice for babies
- c. third best choice for babies
- d. fourth best choice for babies

Section Two, “Breasts, Bottles and Money”

Eight Lessons

1. Some History
2. Breasts, Bottles and Money
3. Why Breast Feeding Matters
4. Learning to Breast Feed
5. The Sad Facts about Breast Milk Substitutes
6. The Advantages of Breast Feeding
7. Twenty Breast Feeding Myths or Facts
8. Twelve Reasons Why a Mother May Not Want to Nurse and the Reasons Why She Should

This section helps the student learn:

- Why breast feeding is particularly important for a baby that has had a difficult birth
- What two types of things a baby gets from breast feeding
- Why formula companies make formula
- Two types of breast feeding mammals
- Two ways of picturing how short a time babies have been fed artificially

Section Three, "Separation"

Four Lessons

1. Growing Together
2. The Biggest Need of Parents - OTHERS
3. Early Learning
4. Infants' Reactions to Major Separations

This section covers such topics as:

1. How much human babies need others
2. How mothers and their babies have been inseparable after birth for millions of years
3. How our society views mothers

and babies as completely separate after-birth

4. When to plan who will be available to provide support for you and your baby

5. How impossible a job it is to care for a new baby without a lot of help from others

6. Why one person cannot sensitively meet the needs of more than one baby at once

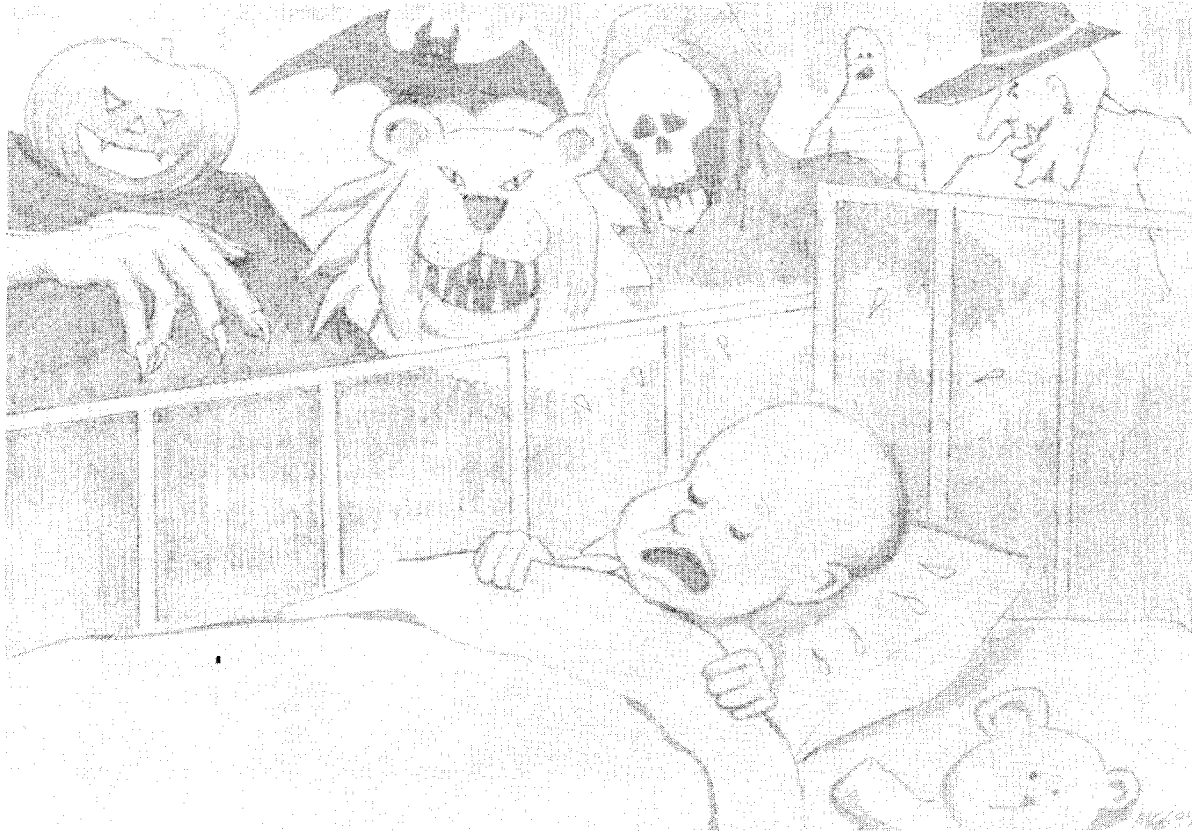
7. The lifetime importance of a baby

What does the African proverb "It takes a village to raise a child" mean?

- a. the same familiar people are always around to help with the care of the baby
- b. the people in a village all know each other and value the nurturing of a new baby
- c. the mother feels supported and valued by everyone
- d. all the above

When is it best for a couple to plan who will be there for their baby?

- a. when the baby is born
- b. when the baby begins to walk
- c. when the mother gets depressed because she feels trapped and alone looking after the baby
- d. before the baby is conceived



Section 4, “The Family Bed”

Four Lessons

1. A Recent Change from an Age Old Practice
2. Recent Research
3. There are some Dangers
4. Why Co-Sleeping is Safer for Your Child

This section explains:

1. How much our culture stresses the importance of independence
2. How difficult this is for species that has evolved to be together with others

3. How excess cortisol, a stress hormone, can lead to mental health problems

4. Some situations that can make sleeping with your baby dangerous

5. The reasons why there is less risk of your child being sexually abused

6. Other dangers that are reduced by having an adult close by

7. Why the whole family is likely to get more sleep if the baby sleeps with at least one parent

Section Five, "Baby Wearing"

Four Lessons

1. A Growing Trend
2. Research
3. The Good Things about Baby Wearing
4. Some Personal Research

This section explains:

1. The different ways and places babies can be carried
2. The history of baby carrying

3. The advantages of baby carrying for both baby and parents

4. The important effects of touch and movement on the developing brain

5. The effects of baby wearing on bonding, crying, mother, father, and intimacy

6. How baby wearing can make caring for a baby easier and more enjoyable



Why is it that baby wearing parents report that their babies do not cry much?

a. baby wearers find that they learn very early to tell by the movements of the baby what the baby wants so they deal with it earlier.

b. wearing a sling can damage your ears so you can't hear as well

c. babies in a sling get so shook up they can't remember how to cry

d. babies in a sling are so close that they know they'll get spanked right away if they cry

Section 6, "A Second Baby"

Five Lessons

1. A Similar Situation
2. The Facts about Spacing
3. The Reasons
4. The Only Child
5. Helen the Cat and Amanda the Baby

This section explores:

1. How a baby less than three years

of age feels about a new baby

2. The troubles caused by close spacing of siblings
3. The effects on the parents
4. Popular myths about only children
5. Results of research

Section 7, "Ghosts in the Nursery"

Five Lessons

1. The Lasting Influence of Parental Care
2. Are You the Child of Toxic Parents?
3. Defence Mechanisms
4. Some Types of Defence Mechanisms
5. The Advantages of Recognising our Defence Mechanisms

These lessons explore:

1. Why children blame themselves for abuse by a parent
2. The origins of low self-esteem

3. What the expression "ghosts in the nursery" means

4. Your relationship with your parents when you were a child

5. Your relationship with your parents now

6. Eleven different types of defence mechanisms

7. The trouble caused by defence mechanisms

What is meant by the term "ghosts in the nursery"?

- a. some parents used to tell ghost stories to children when they went to bed
- b. most children pretend they see ghosts in their room at night so that their parents will come back into their room several times
- c. most of the time ghosts appear in a nursery
- d. it refers to the thoughts and feelings that are buried deep in our minds since childhood which affect how we deal with others

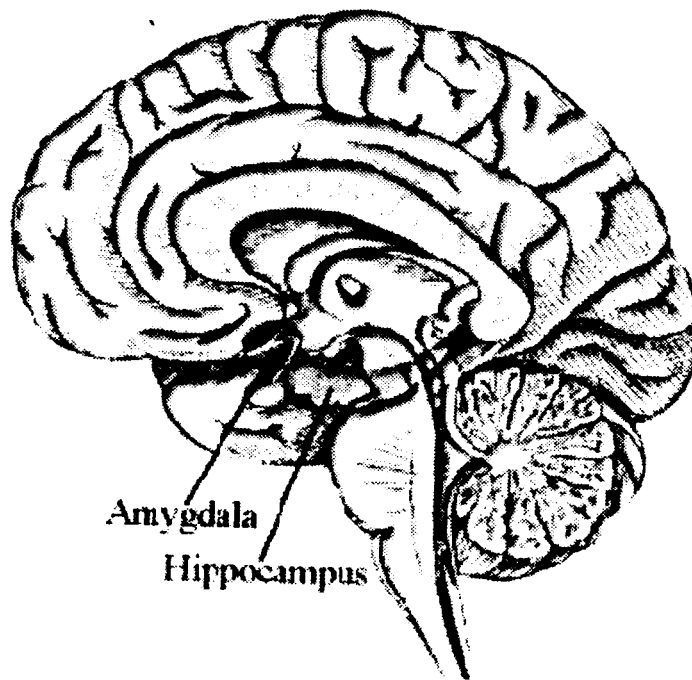
Section 8, "The Brain"

Eight Lessons

1. Babies at Birth
 2. Growth in a Harsh Environment
 3. How Do We Know So Much about the Brain?
 4. How the Growing Brain Can Be Damaged
 5. How the Brain Works
 6. Emotional Memory
 7. Cortisol and Stress
 8. New Research
3. The effect that the quality of bonding has on the baby's brain
 4. Connections between brain cells
 5. Memories that can be remembered clearly (conscious memories) and memories that can only be remembered as fear (unconscious memories)
 6. Why continuous stress is harmful

These lessons discuss:

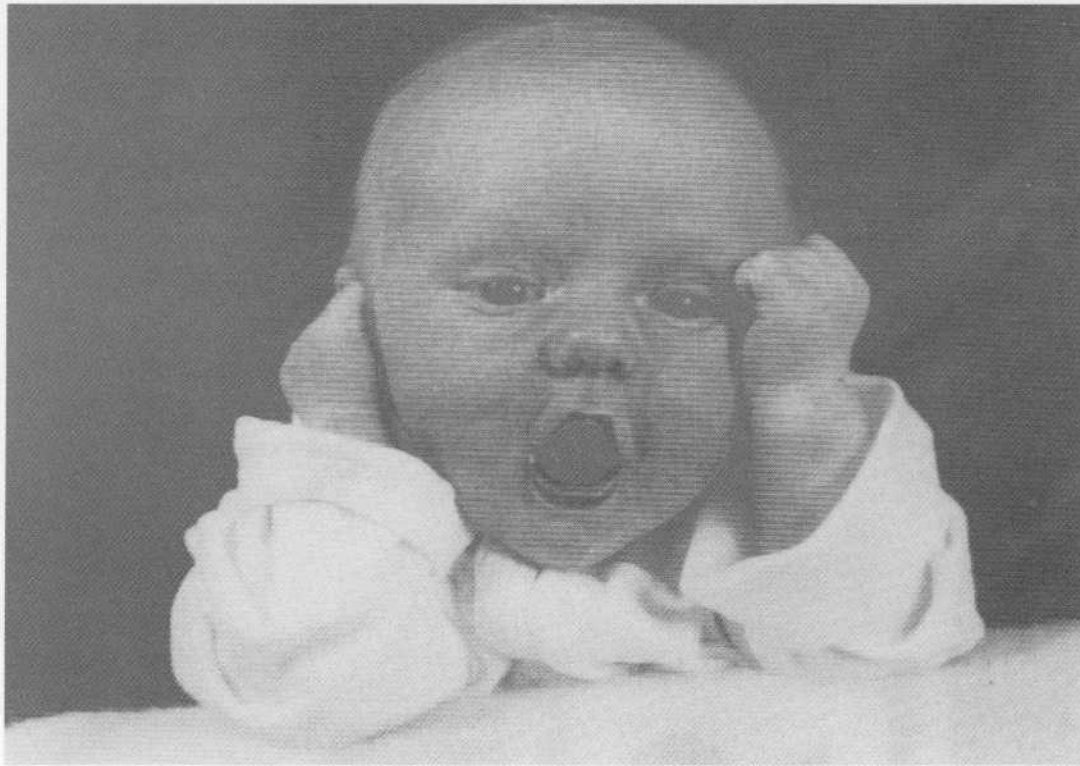
1. Why human babies are so helpless
2. What human babies do to get "attached"
7. Why early frightening experiences can produce fear responses later in life even though we can't remember where they came from
8. Animal and human research



Section 9, "Our Culture"

Six Lessons

1. From the Beginning of our Species
 2. Consumerism
 3. The Power of Large Corporations
 4. Corporate Power and Children
 5. Advertising
 6. The Effects of our Consumer Culture
- This section covers explores:
1. How successfully human mothers have evolved for giving birth
 2. How earlier cultures provided support for mothers and babies
 3. How powerfully children are being programmed to be consumers
 4. The struggle between corporations and parents for the minds and hearts of children
 5. Advertising disguised as something else
 6. Advertising as the Ministry of Propaganda for the consumer culture
 7. How today's way of caring for babies is compared to the long evolution of humans
 8. What babies are born to expect, and what they get



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Certificate of Completion
Presented to

for successfully completing the online course

A Certificate for Parenting

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