

SPRING '83

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"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..."



# THE CSPCC

- The basic premise of the CSPCC is that the worst of all possible cruelties is to inflict permanent emotional damage on another human being.
- Given the evidence that such permanent emotional damage can be relatively easily inflicted during the very early years of life, our concern is with ignorance of, or indifference to, the emotional needs of very young children.
- By permanent emotional damage we do not mean only the psychological illnesses of adults which are recognized as having their roots in early childhood. More important we mean the (as yet) less recognizable and measurable deficient capacities for trust, empathy and affection.
- To prevent such permanent emotional damage, the CSPCC is working toward higher status for parenting, greater support for parents with young children, increased emphasis on trust, empathy, and affection in the adult world, and vastly improved preparation for parenthood.
- By preparation for parenthood we mean that girls and boys, prior to the age when conception is a possibility, should appreciate:

- the permanent emotional damage that can result if the emotional needs of a child are not met during infancy,
- the amount of time and energy required to care for an infant empathically,
- that remaining childless may be the most sensible option, given one's interests and priorities,
- the wrong reasons for having children: proving one's masculinity or femininity, making or patching up a marriage or relationship, having a son and heir, having a weapon to use against the other parent, obtaining the love and affection they have been unable to get from the adult world, fulfilling a need to dominate and control,
- the radical ways in which caring for an infant empathically alters the lives of the parents,
- the hazards of poor nutrition, poor health, inadequate medical care, and substance abuse during pregnancy,
- all about obstetrical practices which facilitate attachment, bonding and engrossment of babies, mothers and fathers,
- the basic facts of infant development,
- why babies who are not breastfed are disadvantaged,
- the reasons why babies arriving too soon and too often make it more difficult to adequately meet their emotional needs.

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

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

- Increasing the number of members in the Society and the readership of 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.

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# THE JOURNAL OF THE CSPCC

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Special thanks to Louise Després Jones for the illustrations on pages 5, 9, 14, 17, 23, 27.

## Letters

### THE BURIED CHILD IN ME

Dear Dr. Barker:

Your journal is an inspiration to me, even though my children are nearly grown and it is a bit late for me to change what I have wrought in the lives of my own youngsters. Nevertheless, there is still much for me to do, and your journal gives me some hope for the future of our troubled society.

In regard to the abortion letters in your winter '83 issue, one word of advice. Please, do not ever take a stand on an issue. Work like mad for your principles, but never get drawn into taking a stand on a particular issue. This only furthers the divisiveness that is already so rampant in the world, alienating people who would otherwise love to join your cause. Whenever we take something that is really a matter of individual conscience and decision, and raise it to the level of political issue, then we invite argument and discord when what we are really after, hopefully, is agreement and accomplishment.

Now I want to tell you my story, in hopes it might be of some value to your readers.

We were in our thirties, with home and career well established, before we decided to have children. An outsider might have assumed we were in an ideal situation for a family. We wanted children, but we were also aware of many unresolved difficulties in our relationship that had led us to wait so long. We decided it was now or never and we took the plunge. In three years time we had a lovely daughter and a handsome son, a wonderful old country house we were remodelling, and a marriage that was falling apart. We hung together for three more years, we sought counselling and religion, we leaned heavily on our friends, we tried everything we could think of, but the burdens of family life were just too much for us. Finally we divorced, and there followed the agonizing years of my ex-wife's struggle to put together a new life for herself and our children, of my attempts to maintain a relationship with children I still loved but was able to see only once a month, of the children's attempts...well, there will never be words to express the scars children suffer. Our children are teenagers now; he lives with me, and she lives with my ex-wife. They are fine young people and I love them with all my heart, and every day, along with the joy I find in them, I also see the pain that we, as parents, have written into their lives, darkening their futures. →

# Letters

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After the divorce, I went into psychotherapy in an attempt to get at the roots of my own difficulties with personal relationships. This was the beginning of an eight-year search for myself that came to take precedence over everything else. I tried several forms of therapy before I found one that worked for me, which happened to be primal therapy. I found this to be the only therapy in which the therapist was interested more in me than in his own therapeutic ideas. The therapist gave me the confidence that the answers to all of my questions truly lay inside me, not in him. Slowly I learned to recognize the strong feelings that lay just under the surface of consciousness that were ruling my life, and I followed those unfinished feelings back to their source — the many difficulties in my youth that at the time had been too unbearable to face and resolve. Over a period of years the closed doors of my own early childhood gradually opened to me, and I became aware in great detail of exactly the kind of original relationships I had had with my parents when I was a child and a baby. Those unfinished feelings from my childhood had prevented me from having a good relationship with my own wife and children. For the first time in my life, my life made sense to me. There was no longer any mystery. As I allowed the buried child in me to live again, I could also allow my own children to live more fully.

Unfortunately, all of this happened a little too late to benefit my children very much. My advice to other young marrieds is this: What you learned in the first five years of your life forms the basis for all of your relationships for the rest of your life, and especially the relationships you will have with your children. If you are in the dark about what you learned in those early years, then something is wrong. Nature did not intend for you to live in the dark. Unresolved childhood pain has closed the doors to your own childhood, and it will close the same doors in your relationships with your children unless you take steps to confront and resolve the pain and reunite the alienated parts of yourself.

Sincerely,  
Hubert Meeker  
Lakefield, Ont.

## LOVE ONE ANOTHER

Dear Dr. Barker:

In my personal and court contacts over the past 5 years I have expressed enthusiastic support for your work and for CSPCC. Your recent endorsement of abortion as "the lesser evil" (Journal, Winter '83) requires that I now qualify that support.

The possibility of physical and emotional abuse of the unborn is now commonly accepted. It escapes me how the ultimate abuse can somehow be glossed over.

I believe that every human person has a dignity beyond measure — a dignity so profound that God Himself became as one of us to show His love. And He admonished us "to love one another as I have loved you". The sort of "compassion" which recommends itself to Reverend Kimball does not fit this description.

Ours is indeed a sick society. That was the point of my earlier letter (Journal, Fall '78). CSPCC has done much good in the area it has chosen and, granted, we cannot ride off in all directions at once. But it does seem to me that, when the chips are down, we either stand with all children and all humanity or we stand with none.

Yours faithfully,  
John Bennett  
Provincial Court Judge  
Stratford, Ont.

## TO HAVE THEIR BEING VIOLATED BY ANOTHER PERSON

Dear Dr. Barker:

I have been receiving the CSPCC Journal for over a year and I have loaned them to friends who are interested in the prevention of cruelty to children.

I work for the Children's Aid Society as a social worker and in this capacity we certainly are dealing with the children after some of the damage has been done.

Your Journal has been helpful and inspiring to know there are others who are really interested in preventing children from being physically and emotionally damaged for the rest of

# Letters

their lives.

On reading the letter from one of your subscribers about a CSPCC logo lapel pin, I agree that it sounds like an excellent idea. It is likely something that the public might respond to.

I feel very strong about the fact that the public must be educated about the needs of children and that no child deserves to have their being violated by another person.

When I first saw your Journal, I thought that this is certainly an excellent way to pass the word on. I'm aware that you need funding to really branch out. There seems to be money around to treat these damaged children. Why isn't there money into prevention?

Sincerely,  
Helen MacPhee  
Toronto, Ontario

Dear Dr. Barker:

Hooray for a publication that speaks out for the needs of children! The voices of those who do are eloquent but sadly do not seem to be as loud as the ones who, for example, cry out for more and more day care.

I hope your Journal is reaching those who really need the message, who need help in re-thinking their priorities, or who need support in their loving nurturing of their children.

I hope the Journal isn't only in the hands of the "converted".

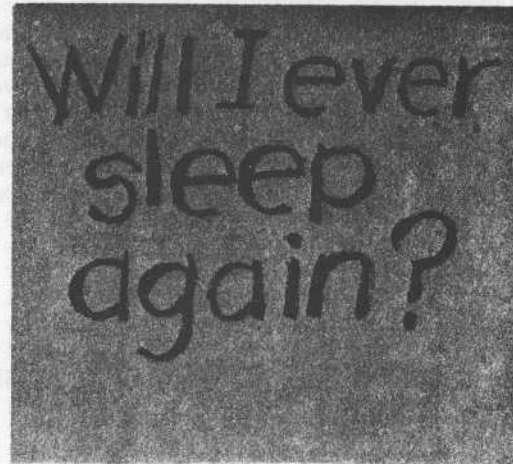
I want to share with you this pamphlet from the Ministry of Community and Social Services "Will I ever sleep again?" in case you haven't seen it before. I discovered it a few years ago and was so upset by much of what it said that I wrote to the Minister expressing my concern. Several of my like-minded friends also wrote. I see it has been modified and emphasizes a little more the rightness of picking up and loving a baby but in general the tone and the cover disturb me — not to mention a few of the statements it contains.

I wonder if Catherine Thurston (the author) could possibly be a mother? Her tone is so cool. She always refers to "feedings" and baby's "eating". Can this poor baby ever be cuddled at the breast for closeness and loving? (If the reader is breastfeeding her advice on scheduling is poor - page 3).

She believes some crying is "necessary" (page 1) and tells the reader (page 3) "to expect some crying and be willing to tolerate and ignore it. This will be difficult but will break the habit of crying every time she wants something."

I wonder how you feel about this pamphlet? If you feel as I do, could CSPCC write the Minister of Community and Social Services?

Sincerely,  
Jennifer Caufield  
Ottawa, Ontario



bedtime routines  
and night wakings

## I Want a Wife A Feminist Classic from the Early '70s

BY JUDY SYFERS

(Excerpts from an article published in "Ms.", December 1979)

I belong to that classification of people known as wives. I am a Wife. And not altogether incidentally, I am a mother.

Not too long ago a male friend of mine appeared on the scene fresh from a recent divorce. He is obviously looking for another wife. As I thought about him while I was ironing one evening, it suddenly occurred to me that I, too, would like to have a wife. Why do I want a wife?

I would like to go back to school so that I can become economically independent. I want a wife who will work and send me to school. And while I am going to school I want a wife to take care of the children. I want a wife who arranges to be around when the children need special care, because, of course, I cannot miss classes at school. My wife must arrange to lose time at work and not lose the job. Needless to say, my wife will arrange and pay for the care of the children while my wife is working.

I want a wife who will take care of my physical needs. I want a wife who will keep my house clean. A wife who will pick up after me. I want a wife who cooks the meals, a wife who is a good cook. I want a wife who will not bother me with rambling complaints about a wife's duties. But I want a wife who will listen to me when I feel the need to explain a rather difficult point I have come across in my studies. And I want a wife who will type my papers for me when I have written them. I want a wife who will take care of the details of my social life. When my wife and I are invited out by my friends, I want a wife who will take care of the baby-sitting arrangements. When I meet people at school whom I want to entertain, I want a wife who will have the house clean, will prepare a special meal, and not interrupt when I talk about the things that interest me and my friends.

And I want a wife who knows that sometimes I need a night out by myself.

I want a wife who is sensitive to my sexual needs, a wife who makes love when I

feel like it, a wife who makes sure that I am satisfied. And, of course, I want a wife who will not demand sexual attention when I am not in the mood for it. I want a wife who assumes the complete responsibility for birth control, because I do not want more children. I want a wife who will remain sexually faithful to me so that I do not have to clutter up my intellectual life with jealousies. And I want a wife who understands that my sexual needs may entail more than strict adherence to monogamy. I must after all be able to relate to people as fully as possible.

If, by chance, I find another person more suitable as a wife than the wife I already have, I want the liberty to replace my present wife with another one.

When I am through with school and have a job, I want my wife to quit working and remain at home so that my wife can more fully and completely take care of a wife's duties.

My God, who wouldn't want a wife?



**In a sense everyone's liberation depends on the liberation of white males.**

**Kolbenschlag**

*Special thanks to Louise Kent-Boyd for bringing this article to the attention of the editor.*

*"...a damaging and potentially disastrous option for small children."*

## **Less daycare — not more!**

A mother's place is at home with her children

**Frank Jones - Toronto Star - March 23, 1983**

One day a while back I was seeing someone in an apartment building near Fairview Mall. I happened to turn into an open door in the basement by mistake, and was astonished at what I saw. The room had cribs wall to wall in which babies were stored like cucumbers with only two or three women to tend to all their needs.

So this is daycare! I said to myself. I felt like Toto discovering the Wizard of Oz up to his tricks behind the screen. Only, unlike Toto, I didn't say anything about it. After all, daycare is one of the sacred cows of our era. "More daycare" is one of the chief rallying cries of women who want to establish their position in the world of work.

### **Teach children**

So, being a mere man, I kept quiet. Until last week when I met Marga Raudsepp, a mother of four, who helped put this whole issue into focus for me.

Marga, 35, took her master's in elementary education, and worked in daycare in New York City for several years. "I used to think mothers didn't know how to teach their children, and how much better we did it at the centre. I have ripped so many children screaming from their mothers' arms!" she said.

It was only after Marga had her first child, Hanno, nine years ago, that she began thinking that what a child needs is its mother. "Sensitive fathers are fine, but it's the bond between the mother and the baby that counts," she said when I spoke to her at Another Mother, the used children's clothing store she runs in North York. "You just can't describe it. If you develop that bond, you can't stand being away from your baby. It makes your breasts ache."

But as she looked around, Marga, who is of Estonian background, found that society was driving a wedge between the mother and child. "Most women going back to work after having a baby are not resuming brilliant careers in law or medicine," she said, as Jako, 2, her fourth child, nestled asleep in her arm. "They are going back to very ordinary jobs and leaving their children because they think it's expected of them."

### **Not created equal**

A year ago Marga and her friends started a magazine called *Nurturing*, *The Journal of Motherhood*. It's other name could be "A weight off my shoulders" because reading the chatty letters and articles you sense the tremendous relief its readers have found in admitting that, yes, they enjoy being mothers, and they're proud of it.

Marga says unfashionable things like: "Men and women were not created equal. Women have bodies that can produce children. We can't deny our biology. We can't turn our backs on our children in our effort to attain equal status."

She hears mothers say they have to go back to work because they need the money. Often, she says, the money is only needed to support an extravagant lifestyle, and she asks which is more important, the child or a second car?

Other women say they just aren't suited to looking after children. It may be true, but she has also seen cases where women who thought they wouldn't enjoy it have found the deepest joy in their lives staying with their babies.

Marga is no Barbie Doll wife. She's a feminist, she says, and her husband Andres, a high school teacher, has to do his own laundry. But at every turn, she says, mothers are being put down — by men and women. She wants to see open acceptance of mothers who breastfeed their babies in public. Where possible, she says, women wanting to resume their careers should be able to have their babies at work with them.

### **Gets in trouble**

Marga says she always gets in trouble with other women when she speaks out on daycare. Well, I'll stick my neck out instead.

Daycare, in my book, is a damaging and potentially disastrous option for small children. If a baby could be asked, do you think a single one would prefer daycare to being with its mother? I have only admiration for single mothers who for their own dignity want to work, and for them daycare is unfortunately the only answer.

But instead of demanding more daycare we should be making it easier and more socially acceptable for mothers to care for their own small children. What we need is less daycare — not more.

*"I handled the Koolaid Account."*

## **This mom is happy at home**

**Frank Jones - Toronto Star - March 28, 1983**

I answered the phone with some trepidation last Wednesday, a few hours after my column calling for less rather than more daycare appeared. I had run into a good deal of hostility over it from colleagues at The Star, male and female, and was expecting a blast from the woman reader on the line.

It wasn't that way. "Thank God, somebody finally understands," said the caller, Liz Shierson. She has a son, Peter, 5, and three years ago she was divorced.

"The popular consensus of friends and family was that I should put Peter into daycare and get a job, so I did," she said. "As a result I had a little boy who woke up screaming every morning for three months because he didn't want to go back with those strangers. I used to sit in the parking lot crying myself because I knew what he was going through."

### **Stay home**

Liz decided to stay home, and fought through the courts to get support to do so. Staying home, she says has been wonderful for her and for Peter. "But it's also been agony because no one ever gives you a word of encouragement or tells you you are doing the right thing."

People she meets ask her, "What do you do?"

"Well, I'm a mom."

"Yes," they say, "but what do you do?"

"I find myself apologizing," said Liz. "How can I explain that what I do is bake cookies and go to the park and enjoy being with Peter. The first word of encouragement I ever got was when I recently put him in nursery school. One of the nuns said, 'You can see right away that he's been at home with his mother. It shows!'"

I got lots of other phone calls too, about evenly divided for and against, and as I write, letters are beginning to arrive. What surprised me was that even those opposed to my view are for the most part reserved in their criticism. I detect that daycare, even among those using it, is an issue that gives rise to a lot of internal conflict.

"Just remember," said a mother with two children in what she describes as an excellent

daycare centre, "there are plenty of us who work and are good mothers, too. I enjoy my job," she said. "And I realize if I stayed home for a few years I would not be able to get it back."

Many callers made the point that the kind of dismal apartment basement daycare centre I'd seen with wall-to-wall cribs, is the last thing that's needed. We need better daycare, they argued, and I couldn't agree more — for those who really need it.

I know it sounds as if I'm trying to lay a guilt trip on people who use daycare, but the number who really need to, I am convinced, is far less than the Social Planning Council and the other Brave New Worlders suggest.

The woman with two children in daycare said after paying for it she clears between \$60 and \$75 a week. If all the other costs of going to work are counted in, she's probably making a loss.

Of course there are families that need two incomes to survive, and many single-parent families, male and female-headed, are in a fix. For them there is no choice. But in other cases parents want children without the liabilities.

Some callers and writers thought I was just taking cheap shots to be controversial. Not at all. We face a daily barrage of propaganda in favour of daycare to the point where mothers are made out to be oddball if they stay home while their children are young.

### **Escape isolation**

Instead of more and more daycare what we need are more and more centres like Children's Storefront on Bathurst St. where mothers can go with their children to escape the isolation of home, where they can feel part of the larger world while still doing the best for their children. We need to make mothers who stay home feel they are important.

Sometimes I think it's useful to imagine that day when we arrive at the Pearly Gates and Old St. Pete, a hoary fellow with bushy white eyebrows, asks, "And what did you do?"

"Well I operated a video display terminal at Bell," you might say. Or: "I handled the Koolaid account."

"No," he'll say. "What did you really do?"

*Frank Jones writes a daily column in THE TORONTO STAR whose circulation of half a million makes it the largest paper in Canada. Reprinted with permission.*

*Special thanks to Cynthia Good for drawing these articles to the attention of the editor.*



*17 million women all trying to hire someone  
to replace themselves...*

## **Working moms all look for the perfect child care**

**By Linda Burton**

*Christian Science Monitor News Service*

I hadn't intended to stay at home, I wasn't born for it.

Having children at the ages of 33 and 34 created an upheaval in my life unlike anything I had ever experienced.

Before the birth of my children, I had been a full-time fund-raiser for a public-interest law firm. It was a harrowing job, sometimes, but it was fun and made good use of my energies.

At the end of the day I used to look forward to meeting my husband and friends somewhere in town. We would relax, catch up on the day's events and generally enjoy each other.

After the birth of my first child, the end of the day found me less convivial than it had in five years.

Walking the floor with this child, knowing that he was keeping me from doing much that I really wanted to do, made me angry.

I missed my job and my friends; I felt poverty-stricken and I looked awful. So, like many young women faced with the same predicament, I decided to go back to work.

I assumed I would simply give my children good "quality" time in the evenings and on weekends and, in the meantime, I would use all my energies to find an absolutely sterling person to care for them during the day.

I researched child care with a vengeance. Luckily, I did find someone to care for my children who seemed fine. She lasted a month. During that time at the office, I had made some remarkable discoveries.

I discovered that I had no "quality" time for my children in the evening. Indeed, I really wanted to have no time at all. I was tired.

I loved my children, and I knew that they needed attention from me, but somehow I was unable to give much of it after a day at the office.

I also discovered, to my surprise, that I missed my children when I was gone.

I worried about how they were being dressed, fed, cared for. I worried that their bright inquisitiveness was being dulled by the housekeeper who, while a kind and decent person, lacked a certain intellectual vitality.

I was almost relieved when my housekeeper quit. I came back home to attend to my children and, again, searched for child care...diligently.

And I discovered that there were millions of mothers like me trying to hire the same sort of person I was.

All of a sudden, the notion occurred to me that perhaps the elusive, almost mystical "she" was not out there. After all, here we were, 17 million women trying to hire someone to replace ourselves.

We all wanted someone warm, wonderful, motherly and loving. All of a sudden common sense just told me that there simply weren't enough warm, wonderful, motherly, and loving people to go around.

Unqualified, insensitive women were approaching child-care agencies in droves.

Slowly, painfully, after really thinking about what I wanted for my children and rewriting advertisement after advertisement, I came to the stunning realization that the person I was looking for was right under my nose.

I had been desperately trying to hire me.

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*Special thanks to Michael Trout and Pauline Leblanc for bringing this article to the attention of the editor.*



*"...the person I was looking for  
was right under my nose."*

## A Catalogue of Past Journal Articles

*Identifying Numbers: Number(s) before the letter indicate the number of pages in the article. Numbers immediately after the letter indicate Volume and Issue. Last number(s) indicate the page on which the article begins. Letters derive their meaning from the CSPCC Logo.*



### EMOTIONAL DAMAGE CAUSED BY INADEQUATE CHILD CARE

- 4C12-9 Senate Sub-Committee on Childhood Experiences as Causes of Criminal Behaviour - excerpts from testimony.
- 3C41-34 Childhood Experiences as Causes of Criminal Behaviour — table of contents and how to obtain final report.
- 4C14-16 Long Term Emotional Consequences of Neglect.
- 5C31-23 Personal and Social Psychopathology and the Primary Prevention of Violence - reprinted from the American Journal of Psychiatry.
- 7C34-6 The Childhood Emotional Pattern and Human Hostility - excerpts from the book by Leon J. Saul M.D.
- 1C53-15 Psychological Illnesses of Adults Which Have Their Roots in Early Childhood.
- 2C53-16 Permanent Emotional Damage Caused by Inadequate Childcare - excerpts from the book "Mirror, Mask and Shadow".
- 3C55-15 Psychopaths: What They Are and How To Raise Them - excerpted from the International Journal of Law and Psychiatry.
- 2C55-20 Long Term Consequences of Harsh Punishment in Childhood - Sheldon Copp.
- 2C13-5 The 'Psychologically Battered' Child is Observable Only in the Irrational Behaviour of Each Next Generation - book reviews.
- 8C22-21 The Difference Between Normality and Neurosis - by Lawrence S. Kubie.
- 4C24-7 Psychological Problems Caused by Inadequate Child Care in the Super Rich - reprinted from the American Journal of Psychiatry.
- 4C41-22 How Can Neurotic Parents Raise Less Neurotic Children?
- 7C42-15 The Authoritarian Family and Its Adolescents - from the Canadian Psychiatric Association Journal.

- 5C42-23 Characteristics of Family Relationships of Prejudiced Persons - excerpts from the book "The Authoritarian Personality".
- 4C44-11 The Diseases of Non-Attachment.
- 4C44-30 How Love is Born and How It May Die in Infancy - excerpted from the book "Every Child's Birthright" by Selma Fraiberg.
- 3C24-30 Charles Manson - a Grade 13 student asks "Where was society during Manson's crucial childhood...?"
- 5C41-15 Youth Fifteen Hangs Himself in Training School Closet - excerpts from the inquest.

### HOW PARENTS AND BABIES FALL IN LOVE

- 4A34-22 The Language of Parent-Infant Interaction.
- 4A34-26 Emotional Availability: Mutuality and Rewards For Infancy.
- 6A44-5 Bonding of Mothers and Infants - by the editor of Medical World News.
- 7A22-14 Some Determinants of Maternal Attachment - reprinted from the American Journal of Psychiatry.
- 6A32-25 Bonding: How Parents Become Attached to Their Baby - reprinted from the International Childbirth Education Association.
- 2A56-19 Babies Aren't Boring - "The more a mother knows about a child's development, the more interesting her own child becomes."
- 7A61-5 The Growth of Human Bonds - by Michael Trout, Director of the Centre for the Study of Infants and Their Families.
- 3A21-24 Maternal-Infant Bonding - a high school student writes of his reactions to a speech on bonding by Dr. Kennell.

### CARE OF INFANTS

- 2A54-8 A Baby In The Family - book review, "the best book available as a step by step guide to the

- baby's first year" - E.T.B.
- 2A14-8 Breastfeeding - La Leche League International - a brief overview.
- 1A32-22 Bottlefeeding Should be a Criminal Offence - newspaper account of opinions expressed by Ashley Montague.
- 2A54-6 Letting the Baby "Cry It Out" - excerpted from the book "Preparing for Parenthood" by Lee Salk.
- 4A54-17 Violence Masquerading as Love - "Love lets the other be, but with affection and concern. Violence attempts to constrain the other's freedom, to force him to act in the way we desire, but with ultimate lack of concern..." R.D. Laing.
- 1A56-15 When a Mother Gets Fed Up - the solutions.
- 4A51-6 Quality Time - an outstanding article which makes sense out of the quality-quantity time debate - E.T.B.
- 1A55-28 Why Do You Think Little Babies Need Love? - three high school students comment.

### **ARBITRARY MALE DOMINANCE**

- 1B42-36 Exploitation of Women by Men, of Children by Adults - brief excerpt from the book "The Primary Prevention of Psychopathology".
- 6B54-21 For Men Only - a most succinct, comprehensive and sensible discussion of the traditional male role. Excerpted from the book "Kiss Sleeping Beauty Goodbye" by M. Kolbenschlag.
- 3B56-5 Sexism: A Dangerous Delusion - excerpted from the article "The Prevention of Sexism" by George W. Albee in the Journal of Professional Psychology.
- 2B54-27 Grade 12 Students Discuss Arbitrary Male Dominance.

### **FEMINISM AND MOTHERHOOD**

- 5B24-20 The Modern Housewife: Job Description - excerpted from "About Face: Towards a Positive Image of Housewives".
- 1B31-6 Feminists Tackle Own Bias Against Wife-Mother Role - newspaper report of a conference sponsored predominantly by the U.S. National Organization for Women.
- 1B56-18 The Women's Movement - support for particular kinds of women only.
- 4B22-4 The Battered Parent - by Selma

Fralberg.

- 1B31-7 In Defence of Mothering - excerpt from the preface of the book "Every Child's Birthright".
- 2G53-20 Child Care: Wishful Revisionism - research is distorted to support day care.
- 5B61-24 Coming Home - a professional woman looks back at her decision to become a full time homemaker.
- 2B44-3 "Can a Woman Today Proclaim Herself a Feminist and at the Same Time Advocate the Necessity and Integrity of Motherhood as a Career?"

### **INFANT DAY CARE**

- 6A56-21 The Day Care Generation - a generation of second rate people?
- 1A44-30 I am Worried - brief excerpt from the book "Every Child's Birthright".
- 2A55-5 Mother Queries Day Care Subsidy - reprinted from the Ottawa Citizen.
- 1A56-15 "I'd Rather Die Than Put a Child of Mine in the Place Where I work" - nursery nurse.
- 2A31-8 The Case Against Universal Day Care - excerpt from an article by George Gilder.
- 12A44-14 The Pros and Cons of Universal Day Care - transcript of a T.V. debate between Burton White and Janice Denine, co-author of "The Kin Trade" and "The Day Care Crisis in Canada".

### **CULTURAL VALUES AFFECTING CHILD CARE**

- 3B32-8 Familial Economics: Economics as if Families Matter - excerpts from an article published by the Vanier Institute of the Family.
- 4B32-12 The United States versus Child Abuse - "A central feature of our social philosophy is selfishness, which we refer to euphemistically as "individualism".
- 12B43-25 Voluntary Simplicity - "Intangible relationships are more important to the individual and to society than property is."
- 6B43-19 To Have or To Be - excerpts from Eric Fromm's book of the same title.
- 5B43-13 Winning Through Co-operation - "Those of us concerned with the quality of life, and more specifically with children's psychological health, must work together so that confident, co-operative children do not become an endangered

- species.”
- 5B53-8 Toward a Way of Life That is Outwardly Simple, Inwardly Rich.
- 2B53-13 Feminism and Voluntary Simplicity.
- 2B56-16 The Rat Race and Infant Care.
- 2B56-8 Living Below Your Means is a Cheap Way to be Rich.
- 5B56-10 The Four Illusions of Money.
- 4B24-12 The Covetous Society - excerpts from the book "Living Poor with Style".
- 9B43-3 Consumerism - "The common denominator of materialism is an uncritical acceptance of the glittering, competitive and success oriented consumer life as the only reality."
- 4G44-26 The Institutionalization of Home - a chilling description of a society in which all the important activities of our lives have moved out of the home. Excerpted from the book "Power, Money, and Sex".
- 5B33-32 Creating Alternative Futures - "...the exhaustion of industrial cultures' metaphysics of "progress", reductionism, compulsive quantification and its profane common manipulative view of nature..."
- 3B41-27 Love and Fraternity, Once Part of an Ideal, Have Become Crucial to our Survival - excerpts from the book "The Aquarian Conspiracy" by Marilyn Ferguson.
- 1B41-26 What Would Happen to Our Economy if We Were to Get Well? - how cultural values reward neurotic behaviour.
- 2B21-31 Parenting, Materialism, and Careers.

### FATHERING

- 2B52-24 Fathers and Infants - Preface from a special issue of the Infant Mental Health Journal dealing entirely with fathering.
- 1B32-24 Fatherhood Unfashionable, Soviet Kids Suffer: Study - Association Press Report from Moscow.
- 1B32-31 Fathering: Two Book Reviews - "Father Feelings" by E.A. Dailey and "Fathering" by C. Phillips and J. Anzalone.
- 1B31-22 Fathering - by Stu Gardiner.

### TELEVISION

- 6B51-15 33 Reasons Why The Medium of Television Must Inevitably Transmit a Dangerously Distorted View of Life.
- 7B33-25 What Is TV Doing To Children?

- 3B24-4 Two Book Reviews - "Four Arguments For The Elimination of Television" and "Remote Control: Television And The Manipulation of American Life".
- 2B55-26 Would You Leave Your Child With A Stranger Who Told Lurid Stories Of Sex and Violence?
- 1B13-9 A Chancellor Talks About TV - Chancellor Helmut Schmidt suggests that every family ought to turn off the television one evening each week.
- 3B21-8 A Canadian Senator Indicts TV - excerpted from testimony before the Senate Sub-committee on Childhood Experiences As Causes of Criminal Behaviour.
- 2B23-16 "How Mommy and Daddy and Freddy and Debbie stopped living and Loved the Tube".
- 1B22-32 Giving Up Television - A short newspaper account of a Grade Eight assignment to write a composition after not watching any television for one month.

### PARENTAL DISCIPLINE

- 4A21-27 Parental Discipline and Permissiveness - excerpted from the book "Raising Your Child, Not By Force But By Love" - the clearest statement I've ever seen on the subject - E.T.B.
- 4B24-16 The New Swedish Law (1979) - "A Child May Not Be Subjected to Corporal Punishment Or Other Injurious Treatment".
- 3B32-11 Swedish (No Spanking) Law - Follow up.
- 2B34-13 The Swedish No Spanking Law; Why Was The Law Passed?
- 2A53-18 Shaming - "Among the traditional disciplines of child rearing, it is shaming that is most damaging to the child's self esteem."
- 1A61-8 Spoiling Isn't What It Used To Be - startling new research.
- 1B12-4 Spanking - A Presbyterian Minister gives his views.
- 8A21-11 Verbal Abuse of Children.
- 2B55-18 Fundamentalist Religion and Child Abuse.

### PARENT AND CHILD GROUPS

- 8A55-7 Play Centres - An overview of the play centre movement internationally, its philosophy and some practical guidelines.
- 2A34-20 The Real Needs of Parents - excerpts from the book "How to Grow a Parents Group" published

- by the International Childbirth Education Association.
- 5A21-19 Somebody Else's Place - excerpts from a book describing the creation and growth of the Ottawa Parent and Preschool Resource Centre.

### **PARENTING EDUCATION**

- 4B14-20 Parenting Education - "The single most important area of knowledge and expertise which is virtually absent from our current curriculum, but which most of us will require in the first half of our lives."
- 2B22-29 Parenting Education in Schools - an update.
- 1B34-19 TV Ontario's Academy for Parents.
- 1G34-5 A Classroom Project for Child Abuse Prevention.
- 1G51-5 Are You Ready to Take This Job? - A pre-parenting Job Quiz.
- 3G51-12 Fighting Over Who Takes Care of the Egg - an exercise in parenting.

### **PREVENTION**

- 3G52-11 A Businessman Assesses the Economic Costs of Inadequate Child Rearing.
- 3G51-2 Barriers to Prevention - six reasons for the traditional bias against prevention.
- 3G32-32 The Case For Prevention - excerpts from "A Background Paper on Prevention" published by the Ontario Ministry of Community and Social Services.
- 9G23-23 Preventive Models in Manitoba.
- 3G23-20 Primary Prevention of Psychopathology - the annual Vermont conference.
- 2G23-18 Primary Prevention and/or Direct Service - a newspaper editorial and reply from the CSPCC.

### **GENERAL**

- 7G31-16 The Nature Of Human Nature - Prof. William Line.
- 4G13-10 Discrediting The Aggressive Instinct Hypothesis - "Darwin repeatedly says that in nature and in human social life, co-operation and a benevolent linkage between fellows is essential for survival."
- 5C42-30 Trust - Some observations by a family therapist - excerpted from the American Journal of Psychiatry.
- 2G14-12 Trust - excerpt from the book "Trust: A New View of Personal and Organizational Development."
- 1C53-7 Adult Qualities We Value? - "Is it the objective of our childcare

- practises to develop adults with capacities which make the Golden Rule achievable?
- 10C42-5 An Analysis of Different Kinds of Love - excerpts from the book "Colours of Love".
- 4B31-28 Infants' Rights: The Issue of Licensing Parents.
- 3B33-12 Licensing Parents: Reply to a rebuttle.
- 8B61-12 Our Prejudice Against the Childless:
- 5B23-5 Voluntary Childlessness in Married Women - "The choice to remain childless appears to be associated with positive social adjustment and mental health and with appropriate sexual identity."
- 1B32-23 Chinese Fine Parents for Having Too Many Children - newspaper account of new Chinese Birth Control Regulations.
- 5B54-10 Only Isn't Lonely (or Spoiled or Selfish) - "only children get the benefit of their parents' undivided attention during the critical early years."
- 4G12-5 Spacing of Children - "It is very difficult on both young children when they are spaced closely. The closer the spacing the greater the difficulty" - excerpt from Burton White's book "The First Three Years of Life".
- 4A22-8 Teenage Pregnancy - despair that breeds despair.
- 5A34-32 Family Centered Maternity/Newborn and Early Child Rearing Care in Canada - an authoritative overview by Jean Marie Hurd.
- 5A52-14 Attachment and Child Abuse - reprinted from the British Journal of Social Work.
- 1B34-15 The Rights of Children versus the Rights of Adults - excerpt from an article by Cyril Greenland entitled "Violence and The Family".
- 2G41-12 Directors and Offices of The CSPCC.
- 4G52-19 What The CSPCC Logo Represents.
- 4G41-30 What does the CSPCC have to offer to the children of the town of Hanna? - letter from, and reply to, Mayor Eugene Kush.
- 1G43-12 The Child Abuse Issue Cycle - At what stage in the cycle is the prevention of permanent emotional damage.
- 6G53-23 An Analysis of Child Rearing Methods Throughout History - excerpts from the book "The History of Childhood".

*What Can I Do to Help?*



NONE OF US CAN AFFORD THE LUXURY OF BEING UPSET ABOUT CHILD ABUSE AND DOING NOTHING TO PREVENT IT — SEE PAGE 15.

# SOME THINGS YOU CAN DO TO HELP

## 1. Become Better Informed about PREVENTION:

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

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

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

## 3. Volunteer your Services:

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

## 4. Some Activities:

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

## 5. Support the CSPCC:

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

*This page will be reprinted in succeeding issues of the Journal. Write CSPCC, Box 700, Midland, Ontario, L4R 4P4 with your ideas and experience.*



*Why mothers matter...*

# BABIES AND INDIVIDUAL CARE

*"Research shows quite strongly that first-class people had someone who was absolutely nuts about them in the first three years of their lives, someone who loved them no matter what.*

*"There are maybe six people in the world who feel that way about a baby — his parents and his grandparents — and that's where he gets the roots of a solid self-confidence that will carry him forever. It's the whole ball of wax. It's not just values he learns from his parents in his first years — it's everything..."*

*Burton White*

I began by heading this section 'Why mothers matter'. But it does not, as far as we know, matter in the least to a baby whether he has his real mother or not. There is absolutely no magic in the blood-tie except in so far as it may predispose the person who is mothering to feel like doing it well. What does matter to the baby is that he should have someone who responds to him, and to whom he can respond, as a mother. He also needs a father-person and as many other intimately affectionate people, of both sexes and all ages, as his social group can provide. Meeting a baby's basic needs does not commit people to being Mr. and Mrs. Jones in a city flat with one other

child. Those needs can be met in an infinite variety of social settings and may be a great deal easier to meet in a tribe than in the nuclear family which represents conventional family life in Britain. But whatever the setting, that personal mother-figure is central and the father-figure, who is personal both to the baby and the mother-figure, is vitally important. Here and now, these people will usually be the baby's parents and relations so, for easy prose, I shall refer to them as such. But the message is about mothering, not about giving birth. And it is about the feeling of group-belonging, not about conventional families.

*Reprinted by permission of Penguin Books Ltd. from WHO CARES? by Penelope Leach, a Penguin Special 1979. Copyright © Penelope Leach, 1979 - pages 58 to 72. Currently available in Canada from the CSPCC, Box 700, Midland, ont., L4R 4P4 at \$3.00 per copy.*

# New Human Beings

## — the first six weeks



New human beings are totally dependent on adults for survival and they remain dependent for longer than the young of any other mammal, even if allowance is made for differences in comparative life-spans. The new baby's helplessness is so complete that, in order to keep him alive at all, his mother must adapt her life totally to meeting his physical needs. It is not enough for her to have or to buy milk; even to leave her full breasts or a bottle dangling within his reach. When he is hungry she must stop whatever she is doing and positively feed him. It is not enough for her to pick him up when she wants to move somewhere. She must positively carry him. Unlike even our nearest relations, the apes, the new baby

will neither help himself to available milk nor cling to maternal transport. His survival requires positive action from his mother.

But all species that have survived are programmed for survival rather than extinction so the human baby's helplessness is coupled with powerful weapons to ensure that the adult world does provide help. The earliest weapon is pointed at the blood-mother because it consists of a continuing symbiosis between mother and child which is felt physically by the mother even though she and the child are physically separate. If she is within sensing distance at all, the new baby's crying will have all kinds of physical effects on her body. A rush of blood to her breasts may remind her that

**A mother who has, and feels that she has, all the time in the world to devote to the baby, quickly finds this out and can cope calmly with each new crying episode.**

they contain the baby's milk and serve as a clear signal to her to feed him. She may feel the uterine contractions women call 'after-pains' or she may just experience a general rush of adrenalin through her body which says 'do something'. Whatever form it takes, the effect of her baby's crying serves as a clear call to her to take action on his behalf.

The action the baby needs from his mother is something only he and she together can establish and, at the start, it is often a question of trial and error. But babies' needs are very simple, obvious and repetitive. Desperation over a newborn's crying; those frantic pleas of 'What shall I do?' are seldom what they seem. If neither food nor any other obvious physical discomfort is the immediate answer, then the obvious physical comfort of cuddling, rocking, walking, soon will be. A mother who has, and feels that she has, all the time in the world to devote to the baby, quickly finds this out and can cope calmly with each new crying episode. It is the mother who is 'supposed' to be cooking for six, listening to her partner's stories about his day or practising her Yoga, who gets frantic. She does not really mean 'What shall I do?' and well-meaning attempts to explain how she should offer milk, check nappies, deflect sunlight and so forth totally miss the point. She means 'How can I split myself between what I can feel that my baby needs and what everyone else needs of me and/or expects me to need for myself?'

A mother who can let herself (and is permitted to) listen to her body, watch her baby and handle him at the times and in the ways that keep both of them comfortable, discovers that he is miraculously responsive. She meets his needs, responds to his

global and unfocused demands and maintains his uneasy equilibrium in this strange new world. The more she does so, the more she comes to feel herself to be a 'good mother'. Each time the baby sucks himself into a blissful trance, hot heavy head cradled by her waiting, purpose-built elbow, she becomes clearer that this baby is something she can do, and do well. Each time he stops crying as she picks him up; each time those great blue eyes focus clearly on hers, she feels that he is acknowledging her. He is not. New babies know nothing of individual people; they neither know one from another nor themselves from anyone else. But their survival depends upon adult human beings so they are geared to pay attention to any who come within range. If there is a human face to look at, the baby will examine that rather than anything else. A human voice interests him more and soothes him faster than any other sound. The soft wrappings and rocking cradles, the cozy carry-cots and canvas slings so beloved of western mothers work only because they mimic, or provide, the sensations of being held and carried by a person. So the people who care for new babies are supposed to take those babies' contented reactions personally. The baby reacts in that way both because he is content with what has been done for him and because the signs of his contentment act as a reward to the mother-person and thus ensure that she will do it all over again next time he is in need. The reward system breaks down, of course, if it is never the same person who is in charge on successive occasions. The fact that you tipped the dustmen last week will not affect the service you get today if the vehicle is manned by different dustmen.

**It is the mother who is 'supposed' to be cooking for six, listening to her partner's stories about his day or practising her Yoga, who gets frantic.**

# An Alchemy of Enchantment

## — four to six weeks after birth

Somewhere around four to six weeks after birth — at just about the time when the mother's body is returning to her pre-pregnant norms and the physical symbiosis with her baby is wearing off — he produces a new way of making sure that his caretaker keeps on caring: smiling.

A baby's early smiles are an attention-producing alchemy of enchantment. They work as a euphoric on most mothers, bring the enormity of what they have done home to fathers who had gone back to thinking about other things, and cause even the most blasé of duty visitors to stay an extra five minutes hoping for one more glimpse. After the usual careful inspection from your hairline to your chin and back up to your eyes, the baby's face is transformed by a slow, intimate grin which looks as if it were meant only for you. If anything is needed to ensure that he gets picked up, cuddled, talked to, played with, that is it. Even jealous toddlers often have to acknowledge that this tiresome thing is 'getting a bit nice...'

Newly-smiling babies are still completely promiscuous with their favours. Their smiles feel like adequate reward for broken nights and long, confusing days, but they will be produced for anyone and everyone,

even for those who have never offered anything but this one contact. But the baby who is ready to smile at people-in-general is ready to begin the most intensive stage in the lifelong process of learning about people-in-particular. Over a period of six or seven months he is going to develop from being interested in everyone to being passionately devoted to those selected individuals who relate intimately to him. Only when he can differentiate the important people in his environment from 'others', and from each other, can he begin to learn about and interact with them as individuals.

So, using all his five senses and a widening range of increasingly subtle cues, the baby embarks on the first sorting out of his 'special' people which is a vital part of his apprenticeship to humanity. If he is lucky, the 'special' people are right there for him to consider, going on caring for him just as they have done since he was born. But if he is less fortunate, those first smiles, which are such an important indicator of the absolute necessity for stable individual care, will coincide with radical changes in the people around him. If he is to go to a long-term foster home or for adoption, he will probably go just about now. It is late for his blood-mother, who must endure the separa-

**Over a period of six or seven months he is going to develop from being interested in everyone to being passionately devoted to those selected individuals who relate intimately to him.**

**In extreme instances, babies who were cared for in institutions from very early on have grown into childhood still with the emotional promiscuity appropriate to only the first weeks of life.**

tion after being exposed to weeks of his 'care-for-me' tactics. It is late for the new mother-figure who has missed those tactics. And it is late for the baby whose work has been wasted. If he comes from that tiny but continuing minority of families whose wealth equates a baby with a monthly nurse, she will probably leave the family just about now. If his mother always intended to go back to work at the earliest possible moment, this is about the time when her doctor will consider letting her do so. If he is to go to a residential or a day nursery, this is likely to be the first age-point at which he can be accepted.

A baby who is cared for by one person almost all the time will quickly learn to distinguish her from everyone else and he will show that he has done so by behaving differently with her.

A baby who is cared for by two or more people will take rather longer to sort them out but, provided they are always the same people, he will soon learn to distinguish them both from each other and from 'outsiders'.

Patterns of multiple-care vary widely, but it is rare in this country for a baby to have more than one person equally available all the time. We simply do not know whether a baby who was offered such a wealth of personal attention would select one person for his primary attachment or would attach himself equally to all. There are indications, from highly technical studies, that this very young age-group pays more attention to female faces and voice-tones than to male, when offered both in an experimental situation. But whether a baby whose mother and father both answered every cry would actually engineer more attention from mother

than from father, we do not know.

Where both parents do share the care of a young baby, mothers tend to slip into primary place, with fathers being content both to give and receive something which is better described as different, than less.

Whether a second caretaker is father, grandmother, nanny, mother's help or day-minder, the essence of the arrangement is usually that he or she takes turns with the mother. A baby in this age-stage will almost always accept them equally. He is learning to distinguish people as a necessary preliminary to loving. So vociferous assertions of preference usually come much later.

The kind of multiple-care which a baby is likely to receive in any kind of institutional group is a very different matter. Staff in charge of some of the best residential and day nurseries in the country have lavished ingenuity, devotion and all the money they could get on trying to provide stability of care for the babies in their charge. It cannot be done. The institution does not only have babies to cope with, it also has staff. Their training, rotation-for-experience, promotion, holidays and sickness produce an ever-changing array of caretakers. The baby will make no objection because he does not yet know one from another, but his learning of one from another may be delayed if there is no 'special' one who lasts. In extreme instances, babies who were cared for in institutions from very early on have grown into childhood still with the emotional promiscuity appropriate to only the first weeks of life. It is as if the lack of anyone 'special' had kept them at the stage of being interested in everyone but loving no one, indefinitely.

**It is as if the lack of anyone 'special' had kept them at the stage of being interested in everyone but loving no one, indefinitely.**

# Passion for that Special Person

## — the second half of the first year of life

Once a baby 'knows' his special person or people, the process of becoming attached, of human emotional apprenticeship, can begin. He continues to need physical care, of course, but for full development as a person he needs social, emotional and intellectual care, too. In a satisfactorily affectionate, caring relationship he gets all these things mixed up together and nobody has anything to gain from trying to sort them out. The little islands of 'playtime' slotted into the baby care manuals amidst the feeding and dressing, the washing and health care which otherwise fill them, are meaningless. The baby is cuddled while he feeds, tickled while he is dressed, swooshed up and down his bath, carried from place to place and smiled at and talked to all through. But while there is no point in an individual mother who is reasonably content with her role trying to work out what kind of care she is giving her baby, there is a point in understanding that the social aspects of the relationship are actually more important to the baby than the physical ones. It is widely assumed that the 'love' which babies develop for their mothers is some kind of cupboard love. The baby cries and is picked up and held for a feed. Afterwards he smiles and seems content. The feed made him happy? Yes, but the smiles and the pleasure are not for the milk, which has vanished inside him, but for the person who gave him affectionate attention. If someone else had fed him with a bottle at detached arm's length and then handed him to his mother to be held, it would not be the milk-provider who received his smiles, it would be the mother. Not many years ago, babies in Israeli kibbutzim were communally cared for by trained nurses while their mothers did a full day's work and had a full night's sleep. For two hours each evening the babies visited their parents who had

nothing to do during that time but pay them affectionate attention. Only two hours out of twenty-four; no feeds, no relief from discomfort; just social talk and play, but it was not the nurses those babies came to love; it was the parents.

The baby focuses on his special people and with and through them he learns. He learns about people, by watching and listening to their behaviour. He learns about emotion, by experiencing his and theirs and their reactions to both. He learns the world he shares with them by watching them in it and examining the little pieces of it which they bring for him to play with. Above all, he learns about himself as a positive and effective force in his small environment. Bit by bit he learns the reiterated and vital message: 'If I do this, that happens...' He receives care, but he is never a passive recipient. His mother's behaviour affects him, but his affects her just as much and therefore affects what she does with and for him. He smiles and coos because she smiles and talks to him. But she smiles and talks some more because he is smiling and cooing. He plays just as much part in shaping his own environment and his caretakers' lives as they do in shaping his for him.

This kind of interaction, this endless cycle of action-effect-more action-further effect, working both from caretaker to baby and from baby to caretaker, is the essence of creative baby care. Because it is interactive, it is absolutely dependent on the baby's having always the same person or people around.

In the interests of him turning into a recognizably human being, we want the baby to notice that everything he does has an effect and we want him gradually to grasp the range of effects which he has. He can only do this at optimum speed if the

**In the interests of him turning into a recognizably human being, we want the baby to notice that everything he does has an effect and we want him gradually to grasp the range of effects which he has.**

**Many babies start life with the special people who are usually their parents but then, when emotional attachment, feelings of effectiveness and communication have begun to develop, find themselves with strangers.**

people he is affecting are always the same; only then will the range of responses his actions evoke be sufficiently internally consistent to be comprehensible and repeatable. And for the baby, as for anybody else, learning is impossible without understanding and repetition. Try remembering a simple telephone number in Chinese when you've been told it once and you will see what I mean.

As well as noticing the effects of his actions, we also want the baby to take increasingly mature and subtle actions into his repertoire. Early on, when he needs something, he will cry until it is produced, the need dies down or he is distracted into forgetting it. But crying until something happens is a very basic level of communicative action and not one which we want our new people kept at for long. The baby must learn that facial expressions, hand and body gestures, sounds and, eventually, words are also effective. This kind of learning depends on being with people who 'know' and 'understand' him, because it is only their reaction to his new (and perhaps initially random) action which will tell him to try it again. A mother knows her baby's face so well that when he reaches a point where particular lip-quivering things happen to it just before he cries she will certainly notice. Eventually there will come a time when she reacts to that expression, instead of waiting for the cry and the baby notices that she has done so. In the same way, she knows the baby's hand gestures and the objects he plays with. The two pieces of information together lead to the day when the wildly-flailing arms that are part of 'I want', lead her to the object he actually wanted. Neither of them will ever know how much of the sequence was deliberate, nor how many times before she had responded similarly to a similar gesture but picked the 'wrong' object. All that will matter is that the baby has got what he wanted by a new, repeatable and comparatively sophisticated method. She knows his voice, too, and since most of the deliberate sounds he utters are precur-

sors of speech and speech is probably the most vital accomplishment in his humanity, her knowledge is important. If you do not know a baby well enough to differentiate between the 'Uh-uh-uh' of 'I want' and the 'Uuh-nuu-nuu' of 'I'm tired', you cannot contribute to his early language development.

A baby who does not have anybody special, but is cared for by many well-meaning strangers in turn, or one who is cared for sketchily and without concentration, sharing his caretaker with other needful small people, is like an adult who moves from country to country, knowing the language of none. Baby and adult must each rely on the universal language of gross gesture and tolerate high levels of isolation and low levels of understanding. Neither can develop any subtlety of communication nor certainty as to whether or why things have been understood or have taken place. The adult returns home with relief. The baby had better stay there.

Many babies start life with the special people who are usually their parents but then, when emotional attachment, feelings of effectiveness and communication have begun to develop, find themselves with strangers. Depending on his age and maturity and his previous experiences, such a baby will have developed a wide range of more or less subtle cues and he will be beginning to have expectations about people's responses to them. Having those cues missed or misinterpreted, or receiving responses which are new to him or out of line with anything he knows, will shake his confidence. But he is still a survivor. If the strangers are part- or full-time substitute parents who, once on the scene, remain constantly part of his life, he will gradually adapt. If his mother is around to help him make the transition, to 'translate him' for the newcomers and to blend their 'style' with her own, he will adapt more quickly. The new people will be made 'special'. He will teach them to understand him and to respond to him just as he taught his mother. But if the newcomers to his life



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have no time to 'listen' to him, concentrate on him, feel their way with him, perhaps because he is now part of a group or perhaps because they are part of a stream of short-term caretakers, his development may truly suffer.

#### **AN EXAMPLE**

I do not think that it is possible to overemphasize these twin factors of individuality and continuity in a baby's care. Except in extreme cases — as of physical cruelty, dangerous neglect or the total maternal withdrawal that sometimes comes with mental illness — they override every other feature distinguishing 'good' from 'bad'. I was made very aware of it when recently a friend brought me her four-month baby for the day while she attended a distant family funeral. 'I shan't worry about her with you,' she said. 'In fact I just hope she won't realize what an inept mother I am after a day in your expert hands...' A meant-to-be-flattering joke, but with a slight ring of truth to it all the same. She was insecure about her mothering; she was trying to convince herself that the baby would be just as well off with some 'motherly type' if she soon went back to outside work. She did, just a little bit, feel that the baby might have a better day in my charge than in her own.

The baby and I got on fine but again and again I was flummoxed as to the exact meaning of her cues. Settled for a sleep after her lunch, she whimpered. What did she mean? Did she not want to sleep? Did she need wrapping more closely to help her relax? Had she not sucked enough to be comfortably full? Had she got a bellyful of air? Did she need the stimulus of my presence removed so that she could let go of the world? Some knowledge of babies enabled me to list to myself tens of possible messages. But only personal knowledge of this baby would have enabled me to pick the right one and respond appropriately. We had to use trial and error and it all worked out. But trial and error reactions from 'their'

adults, to messages about their basic needs, are something babies have a right to get over with in their very first weeks, when they are making themselves clear to their parents. Had this baby and I been set for a permanent, if late-starting, relationship, no doubt we should have come to terms with each other over time. As strangers, no amount of expertise from me could balance out the familiarity of her mother. Spending the day with me certainly did her no harm because she had spent the day before, and would spend the day after, at home. Tiny gaps in a long-term fabric of blanket-care cannot damage a process as long and close-knit as human development. So a 'special' person does not have to be there for her child every minute of every twenty-four hours. But big gaps can do damage. Three days of every week spent not always with me but with each of several people like me, or with only a small share in somebody looking after others like her, and that baby would have had to alter course. So a 'special person' who is not going to be there most of the time had better find somebody who will be when she is not.

#### **'INSENSITIVE' MOTHERS**

People who reckon to be 'good with babies' sometimes feel that a particular mother is so insensitive to her baby's cues (which they themselves can clearly see even if they cannot interpret them) that almost anyone would be 'better for him'. Mothers, and other caretakers, do of course vary in their sensitivity just as babies vary in the clarity and emphasis with which they communicate and react. Temperamental matching and mismatching of this kind can make it unfairly much easier for one mother-child pair to mesh smoothly together than for the next pair to do so. A cued-in mother with a baby who gives clear signals and emphatic reactions, can hardly fail to make a good pair. But put the same mother with a less focused baby or the same baby with a less sensitive mother and the whole thing becomes more difficult.

**...a loved and loving baby (is) able to love and tolerate his own children's demands in a way which a love-rationed child can never do.**

But, within the limits of ordinarily decent behaviour, such judgements about a mother's child-care are almost always wrong because they ignore the interactive nature of the relationship between mother and child. A mother who is not very tuned-in to her baby will be consistent in her lack of reactivity. Because she is consistent, because her behaviour is a part of what she is, her baby will both adapt himself to her and teach her to adapt herself to him. If he can only get attention by going right through from quivering lip to whimpers to full-fledged yells, he will learn to yell fast and loud. Because these yells penetrate even her consciousness, his mother will come to recognize them at, say, half-pitch. Between the baby learning to give stronger cues and the mother learning to notice milder ones, the two of them will eventually meet in the middle, somewhere around half-time and half-volume. If the critic believes that babies should not have to cry at all in order to get what they want and need, it is easy to ignore these adaptations and to see that baby as a victim. But provided he has his mother's basic goodwill and she has her sanity, he is not a victim but a partner in the creation of his environment. He is making it in collaboration with his mother and between the two of them the result is almost certainly 'good enough' mothering for him, even if it falls, as we all fall, far below somebody's ideal.

Having learned a good deal about his effect on other people as well as about theirs on him, a baby in the second-half of his first year normally develops a positive passion for one particular caretaker, usually his mother. Through his relationship with her he is going to discover, feel and practise emotions which are, as far as we can tell, both as strong and as various as the emotions of older people. He is going to love and depend totally on her, using her as his mirror for himself and the world. Almost everything which happens to him will reach

him through mother-filters as he buries his head in her shoulder to muffle that too-loud bang, and looks at her face to see by her expression whether this approaching stranger is friend or foe.

By this stage there is no need for any outsider to state the baby's need for one constant figure to be attached to. The baby himself makes it loudly obvious. He loves her and he wants her; he wants her whenever he is awake which is for as many hours as he can manage, and for perfection he wants her full attention directed towards him. Of course he cannot always have constant or undivided attention. Mothers have other things to do and other people who are important to them and it is right, for the baby as well as for themselves, that this should be so. He will experience the jealousy and the rage which are part of human loving. But he will also learn that mother does not belong entirely to him — which is an important piece of reality — and she is a loving and lovable person to others as well as himself. He will also gradually discover that he can have fun sharing mother from time to time and that the people he has to share her with have something to offer him too.

But not having mother all to himself all the time is a very different matter from not having her around. This he does need and should have. His relationship with her stands as a prototype for all his later love-relationships. The more he can be allowed to indulge it now, the more loving and receptive of love he will be later. There is even evidence that he is likely to repeat with his own children the long-forgotten emotional experience he has during this phase, a loved and loving baby being able to love and tolerate his own children's demands in a way which a love-rationed child can never do. It may be here, in love rather than in circumstance, that much of that 'cycle of deprivation' has its roots.

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# DON'T SPOIL YOUR BABY!

If love now breeds easy loving later, accepted dependence now breeds independence later. A baby of eight, nine or ten months often seeks almost continual help, comfort and reassurance from his mother. The more he is helped to feel that she is indeed there for him and ready to support him whenever he feels the need, the more independent of her he will be able to be when he is older. It is as if consistently meeting his needs to be dependent built him a dependable platform on which to stand, one day, on his own two feet.

Some mothers find this period of being intensely and openly loved and needed, highly enjoyable and good for their egos. Most of us like to be liked and find it easier to approve of ourselves when those around us clearly do so. But others, usually those who have found the baby emotionally draining during the early months, find that they are now being loved more than they can easily stand. They may try to ration themselves; deliberately holding back from the baby, often telling themselves, as they detach the clinging arms and put the weeping baby in a playpen, that he is getting 'spoiled'. Research has sounded a warning note for such mothers. Pairs of mothers and babies were closely observed and wide variations between the pairs were found in the amount of social interaction which went on within them. But the variation was all in the mothers' behaviour; none of it was in the babies'. All the babies made frequent social advances to their mothers and invariably reacted with pleasure to any made by her. The mothers who often ignored their babies and seldom initiated contact with them were the ones who said that they found child-care boring.

So the baby needs that warm, continuous, stimulating and personal relationship and he puts a great deal into it himself, with smiles and sounds, with excitement and busy contentment. Where a mother notices, enjoys and encourages it, the old circle of pleasant interaction is complete and ongoing. But where she refuses, or is unable, to interact, a vicious circle tends to form with the baby asking more and more and the mother giving less and less. Mothers need to understand, for their own as well as for their children's sakes, that a baby who seeks attention and gets it will stop looking for it until he needs, or is pleased to be offered, some more. But a baby who seeks attention and is told 'to get

on with it' will go on and on, because he must. It is not too much attention which produces the whiney babies people label 'spoiled'; it is too little attention too reluctantly given. What is spoiled is the natural course of the baby's development and his mother's nerves.

Vicious circles are easier to avoid than they are to climb out of. I believe that if every woman was prepared for this stage in her baby's development and was helped to anticipate it as necessary to him and a bouquet to her as a mother, many more would skirt the edges of the whirlpool. Sadly, onlookers, even the 'expert' ones who should know better, tend to confuse loving with spoiling and legitimate needs with unreasonable demands. We have no fun-ethic where mothers and babies are concerned. A bored baby is boring, but how often do we take the simple path of entertaining him so that he stops being bored and boring us? No, we go dutifully on with the ironing, managing each shirt less well as the grumbles increase in volume and persistence. When a nine-month baby cries because his mother leaves the room, the visiting health visitor does not say admiringly, 'he certainly is mad about you' now, isn't he?' No, she says, 'you're letting him get spoiled you know...making a rod for your own back.'

I believe that a pleasantly enjoyable time for all concerned is what really matters because pleasure and happiness have their own momentum and it is within them that people, young or old, learn and function best. But our puritanism makes such attitudes seem unacceptably hedonistic. We are more concerned with 'good babies' and 'good mothers' than we are with happy ones. And look at our definitions of infant and maternal goodness: a good baby, in most circles, is a quiet and undemanding one. But who is he good for? Certainly not for himself since it is through demanding and receiving attention that he will develop and learn. A good mother, in at least some circles, is one who minces liver and fresh vegetables for her baby's lunch. But who is she good for? Not for the baby, who cares not a jot if his lunch comes out of a can and who would much rather have her time than her cooking. And not for herself, since mincing liver is a revolting business and almost everyone can think of something they would rather do.



**It is not too much attention which produces the whiney babies people label 'spoiled'; it is too little attention too reluctantly given. What is spoiled is the natural course of the baby's development and his mother's nerves.**

## CONNECTIONS '83 — "GROWING TOGETHER"

*Parents and children everywhere are now creating programs that are meeting the needs of both infants and parents happily and together, and turning the preschool years into a stimulating time emotionally and intellectually for both.*

In the September 1982 issue of this Journal a comprehensive article about playcentres was presented. These parent-child centres are being developed internationally to support and inform parents in their role as child rearers. In Canada, there has been a marked growth of programmes welcoming parents and children together and in May 1982 many of the people involved in these programmes met together in Ottawa at Connections I, a national forum sponsored by the Parent Preschool Resource Centre (Ottawa) and Carleton University's School of Social Work. The participants at this grassroots get-together unanimously decided that rather than spending time lobbying for more funding from government, running the risk of becoming institutionalized, that they would find ways to work together to share resources and information and would work separately and in concert to raise public awareness of the value of these programmes. What has happened since then?

In the months following the Connections I forum, the Parent Preschool Resource Centre received many requests for information from all across the country. It became increasingly obvious that there was indeed a need for someone to take the initiative in co-ordinating information about services and resources for parents and preschoolers on a cross-country basis. The Parent Preschool Resource Centre had compiled a list for distribution of all Canadian programmes of which they were aware but there were many requests for other kinds of information. One of the suggestions made by participants at the Connections I forum was that a national "clearing house" be set up to handle this sort of need. The Parent Preschool Resource Centre's English Outreach worker, Sherryl Smith, decided to take the initiative in determining whether this idea could be made a reality. Through the National Department of Health and

Welfare, funding has been obtained for a feasibility study to look at what the needs are and how they can best be met. A researcher will be hired and under the supervision of Outreach staff will produce a report with recommendations regarding the overall feasibility of establishing a national resource centre including specific suggestions concerning the type, size, location and staffing that such a centre would require. The report will be available May 20, 1983 in time for discussion at the second national gathering of parent support groups.

Connections II will be held May 20-22, 1983 in Vancouver. Various B.C. based "Family Places" are organizing and sponsoring this event which will bring together again people from across Canada who are involved in programmes for parents and preschoolers. Participants will have an opportunity to attend workshops on various topics of concern, will be able to share problems and ideas informally, and will be able to make decisions regarding such issues of mutual interest as the feasibility study for the National Resource Centre.

**Jane Beauchamp**

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

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## Le Soin des Enfants et la Psychopathie

Je crois que la raison pour laquelle je me soucie tellement au sujet de la qualité du soin que reçoit l'enfant pendant sa première enfance, c'est que je comprends si bien la condition qu'on appelle la personnalité psychopathe, ainsi que la façon dont elle se produit.

Un problème existe en grande partie parce que les indices de la psychopathie s'aperçoivent initialement comme des traits positifs: un charme superficiel, l'intelligence technique intacte, l'absence de conflit neurotique, le manque d'anxiété normale, la sociabilité aisée — qui n'aimerait pas un tel individu? Et surtout, la vie que l'on voit le plus souvent à la télé, la vie que l'on vit en public — le 'life-style' que nous adorons — la vie irréfléchie — tout cela vénère les traits de la personnalité psychopathe.

Ma difficulté, c'est qu'ayant travaillé pendant dix-huit ans comme psychiatre légal, tâchant de diagnostiquer, de comprendre et de soigner des certains de psychopathes, parmi eux les meurtriers et les violeurs les plus dangereux de notre pays, je crains que le côté invisible mais effrayant de la psychopathie, les caractéristiques que l'on n'aperçoit guère dans un rapport de courte durée, ne restent inconnus à ceux qui élèvent les enfants d'une façon qui risque de créer une personnalité psychopathe. Quels sont ces indices? C'est l'indifférence brutale pour ce que sent autrui, c'est l'absence de la capacité de se fier à quelqu'un, c'est le manque de la capacité de développer des rapports durables et affectueux.

Mon inquiétude accroît à cause de deux autres éléments constitutifs. D'abord le concept du "psychopathe partiel" — évidemment il y a un échelonnement de sévérité dans la psychopathie. Il y en a parmi nous qui sentent une indifférence pas tout à fait totale pour ce que sent autrui, qui ne se fient à autrui qu'en partie, qui ne savent aimer qu'en partie.

L'autre élément qui complique le problème, c'est notre capacité incomplète de peser et même d'identifier précisément ces indices vagues. Il est plus facile de les passer sous silence et même d'oublier la réalité des choses que nous ne pouvons pas peser ou voir ou décrire précisément.

Mais l'amour et la confiance et la sympathie sont réels. Ils semblent être à peu près les seules réalités dont parlent les personnes qui ont à faire avec la psychothérapie. D'ailleurs, ces traits humains sont probablement ceux qui permettront à l'espèce humaine de survivre en tant que telle.

Voilà pourquoi je me soucie de la qualité des soins que reçoit le bébé, ce nouveau être humain, pendant sa première enfance.

E.T. Barker M.D., D. Psych., FRCP (C)

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

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

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

# CREDO



## WE BELIEVE THAT:

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

## THERE IS AN URGENCY THEREFORE TO:

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