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The Tragedy of Disorganized Attachment

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What if your mother was a Tyrannosaurus Rex? You desperately need your mom to keep you safe. You turn to her when you are afraid, you rely on her touch to comfort you. Human babies need mommies (or daddies a safe, loving caregiver) for survival. What if the one person who could keep you safe was a scary, loud, rough Tyrannosaurus Rex, with a terrifying roar and sharp pointy teeth?

What happens when you come face to face with a velociraptor? What do you want to do? Where do you want to run? You run to the person who keeps you safe your mom! So, what if your mom is a Tyrannosaurus Rex? Then what do you do?

Humans are blessed with an attachment system that serves many purposes. The attachment system lays the building blocks for mental health, relationship skills, and self-regulation. The attachment system is also a biological system that ensures

our survival. It is through the attachment system that little babies keep their parents close. When babies are distressed, they behave in ways that brings a parent toward them. As babies get older, they move toward their parents with their legs or with their eyes seeking out closeness and safety. This system works because parents aren't supposed to be scary. When a small child is feeling anxious, nervous, uncomfortable, scared, or terrified their attachment system becomes activated and draws them closer to their attachment figure.

When the attachment figure is the source of the anxious, nervous, uncomfortable, scared or terrifying feelings children are left with an unsolvable dilemma. When your fight/flight/freeze system is activated by the SAME person who activates your attachment system, you've got a big problem. It is this unsolvable dilemma that is the basis for disorganized attachment. [CONTINUE READING](#)

Sexual Development and Behavior in Children

*Your five-year-old daughter is playing in her room with a couple of friends.
You hear a lot of giggling and squealing.*

When you open the door to check on the kids, you find them sitting on the floor with their panties off, pointing at and touching each other's genitals.

What do you do?

Every day, parents around the world are faced with situations like this. Being caught off-guard by young children's self-exploration and curiosity about body parts and sexual issues is one of the uncomfortable realities of parenting, and can raise a host of troubling questions, such as, "Is my child normal?" "Should I be worried?" "What should I say?"

Although talking with children about bodily changes and sexual matters may feel awkward, providing children with accurate, age-appropriate information is one of the most important things parents can do to make sure children grow up safe, healthy, and secure in their bodies. [VIEW FACT SHEET](#)

How to teach ungrateful kids to be thankful after fun activities

It's been a long day at the amusement park. Hot weather. Long lines. Way too much sugar.

The whining starts on the way to the car, "It's too far. I'm tired..."

And it doesn't end there.

The kids start to bicker in the backseat. They demand that you stop at a fast food place for dinner. The youngest child starts to cry. You've held it together to this point, but you can feel the tension rising.

"Do you have any clue how much money I spent on you today?! Ugh. I'm never taking you anywhere fun again! You are so ungrateful!"

All you wanted was to spend a nice day as a family. But, you should know from past experiences. Nothing ever turns out like you plan.

"Why can't my kids just be thankful for what they get!?"

Things that lead to ungrateful kids.

Before we talk about how you can change this behavior, first we need to be curious. Take a look at things that are (potentially) impacting your child's behavior in the heat of the moment.

- **Exhaustion:** Chances are, everyone is tired. If your child is young, they may have missed a nap or stayed up way too late. Lack of sleep can impact behavior and mood.
- **Poor Diet:** Eating cotton candy and french fries all day can lead to sluggishness and irritability. Plus, if you were in a hot or busy environment, your kids may be dehydrated.

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FY20 Foster Family Care and Adoption Subsidy Payment Schedule

Date Payment available for Worker Approval (1st Business Day)	ISSUE DATE – Date the check was written (2nd Business Day)	STATUS DATE – Date the check was mailed or released for EFT (3rd Business Day)	Date Payment would be deposited in Bank account when paid via Electronic Funds Transfer approved on 1st business day (5th Business Day)
07/01/19	07/02/19	07/03/19	07/08/19
08/01/19	08/02/19	08/05/19	08/07/19
09/03/19	09/05/19	09/06/19	09/10/19
10/01/19	10/02/19	10/03/19	10/07/19
11/01/19	11/04/19	11/05/19	11/07/19
12/02/19	12/03/19	12/04/19	12/06/19
01/02/20	01/03/20	01/06/20	01/08/20
02/03/20	02/04/20	02/05/20	02/07/20
03/02/20	03/03/20	03/05/20	03/06/20
04/01/20	04/02/20	04/03/20	04/07/20
05/01/20	05/04/20	05/05/20	05/08/20
06/01/20	06/02/20	06/03/20	06/05/20
07/01/20	07/02/20	07/06/20	07/08/20

IFAPA is MOVING.
Beginning July 1,
IFAPA will be
moving around the
corner-to the
building next door.

New address:
6900 NE 14th St,
Suite 25
Ankeny
IFAPA will be
located within the
Four Oaks office
along with the
Training Center.