

DVD AND COLORING BOOK

@
Clingy
thing



STORIES FOR
CHILDREN
THAT GROWNUPS CAN WATCH

Illinois Violence Prevention Authority, Illinois Safe From The Start.
Chicago Department of Public Health, Office Of Violence Prevention,
Chicago Safe Start Initiative, Chicago Department of Family and Support Services.

Dear Families and Caregivers,

When children become clingy, they may be trying to tell us something about how they feel, or about something they've heard or seen that was disturbing. This coloring book with activities and a DVD is designed to help them express themselves in words, pictures and actions. It is also designed to give parents and caregivers information, encouragement and suggestions to help children and adults with clingy behavior. Take time together with your children. Watch the animated cartoon. Talk with your child about what it means to you. Color pictures. Play games. Ask questions. Have patience with yourself and your child. Changing your own way of responding may take practice, but it's worth it.

TOP TEN LIST TO HELP BUILD CHILDREN'S STRENGTH AND SELF-CONFIDENCE

1. As parents, you are an asset in your child's life. You have strengths that your child can benefit and learn from. Recognize your strengths, as well as the strengths of your child.
2. Be a safe person in your child's life – be approachable, compassionate, a good listener, a protective shield.
3. Be careful about how you express your emotions (especially under pressure.)
4. Stay aware of and in control of angry communication.
5. Remember that you don't always know what your child has seen or heard.
6. Speak to your child at her or his eye-level using words he or she can understand.
7. Use a calm, reassuring tone of voice.
8. Support and encourage children in building healthy friendships.
9. Tap into the individual strengths of your child -- look for ways to develop self-esteem.
10. Take good care of yourself, as well as your child, because you are their role model. Eat healthy foods. Get enough sleep. Create peaceful times and places.



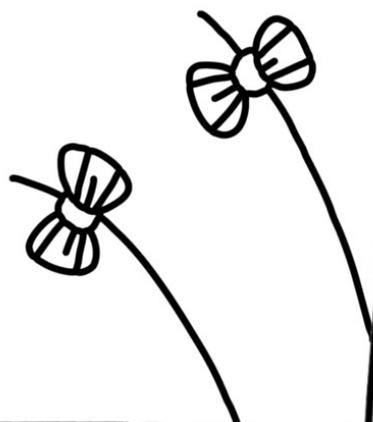
"Let's bring the kids back into focus and make sure every child is safe from the start."

Maria Pesqueira
President & CEO
Mujeres Latinas en Acción

Materials developed collaboratively by the Illinois Violence Prevention Authority, the Illinois Department of Children & Family Services, the Chicago Department of Public Health, the Illinois Childhood Trauma Coalition, Chicago Metropolitan 2020 and PS&A Communications.

This material may not be reproduced, copied or posted on the internet without the express written permission of the Illinois Childhood Trauma Coalition.

Julio and Maria
didn't know their
little girl had heard
them arguing.



Look here, in the Activity Place, for fun and comforting activities that can strengthen the bond between you and the child you care for and enhance their security.



Activity Place

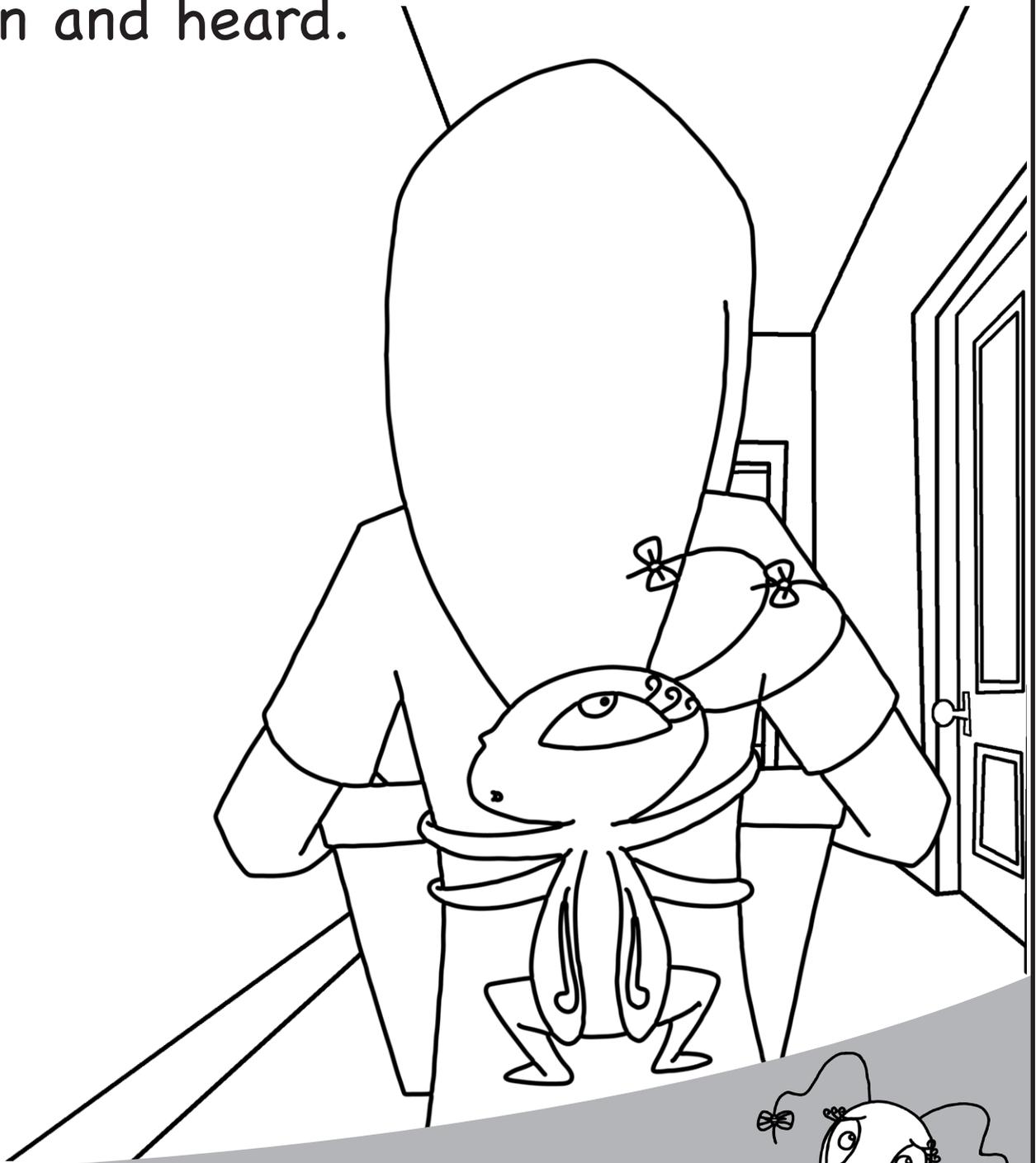
All they knew was
that she had turned
into a clingy thing.



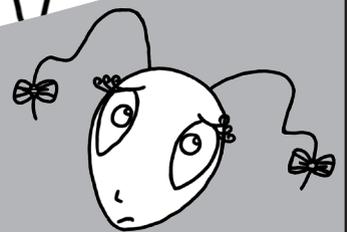
Activity Place

Sit on the floor with your child, facing each other. Pretend one of you is a mirror. Each time one does something (like waving) the other does it too.

Lulita didn't want to be a clingy thing, but she was so scared by what she'd seen and heard.

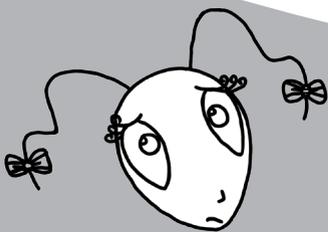
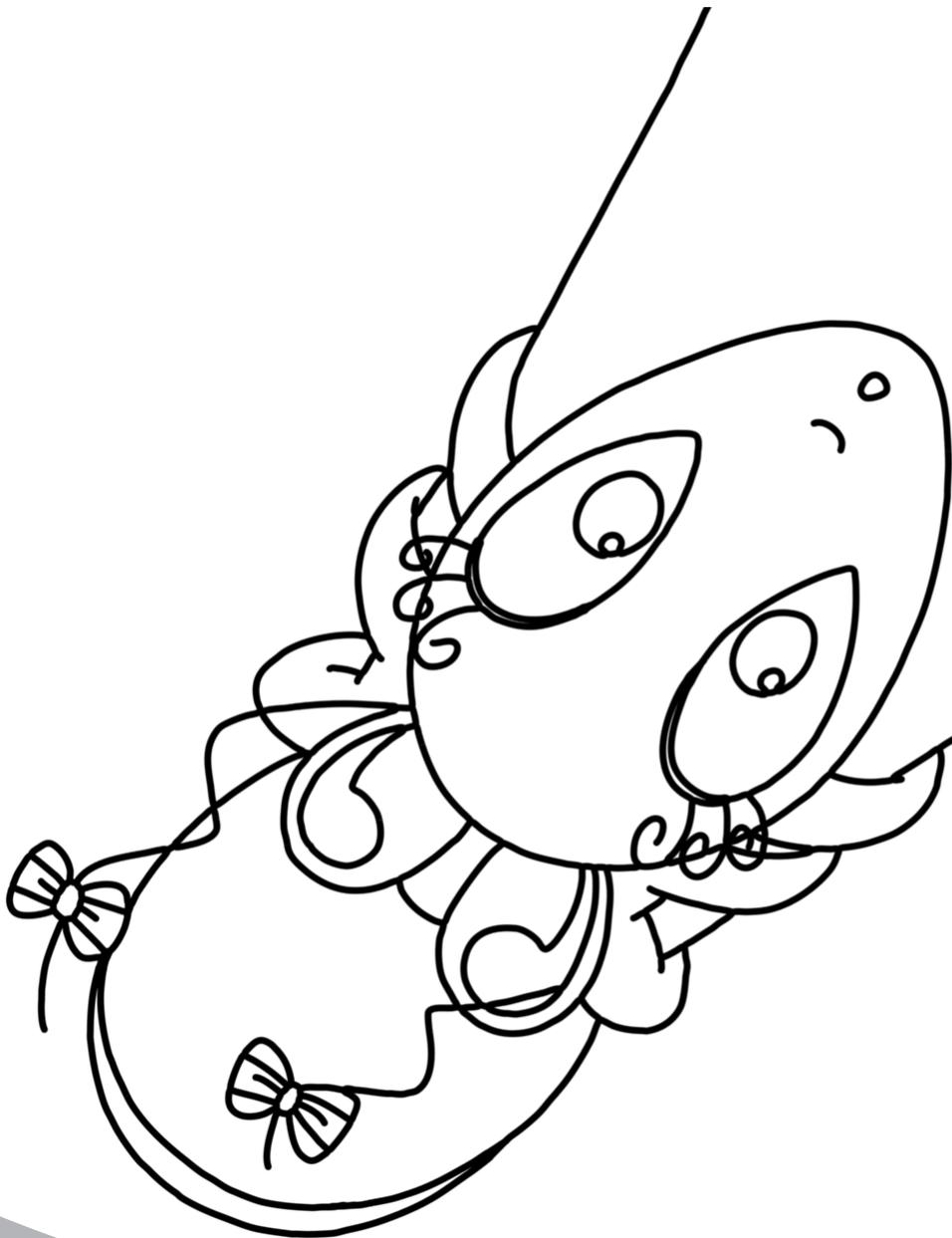


Go through magazines together looking for ears. Which ear do you think is the best one to be a listening ear? Which ear would you like to talk to? What did the ear hear?



Activity Place

She had to hang onto something.



Activity Place

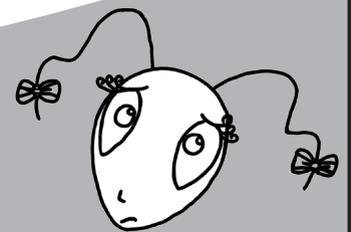
Sing a song together. Try putting these words to a tune you already know.

*Safe Place. Safe Place.
That's where I want to be.
I'll make you one.
Or you make me one.
Together there we'll be.*

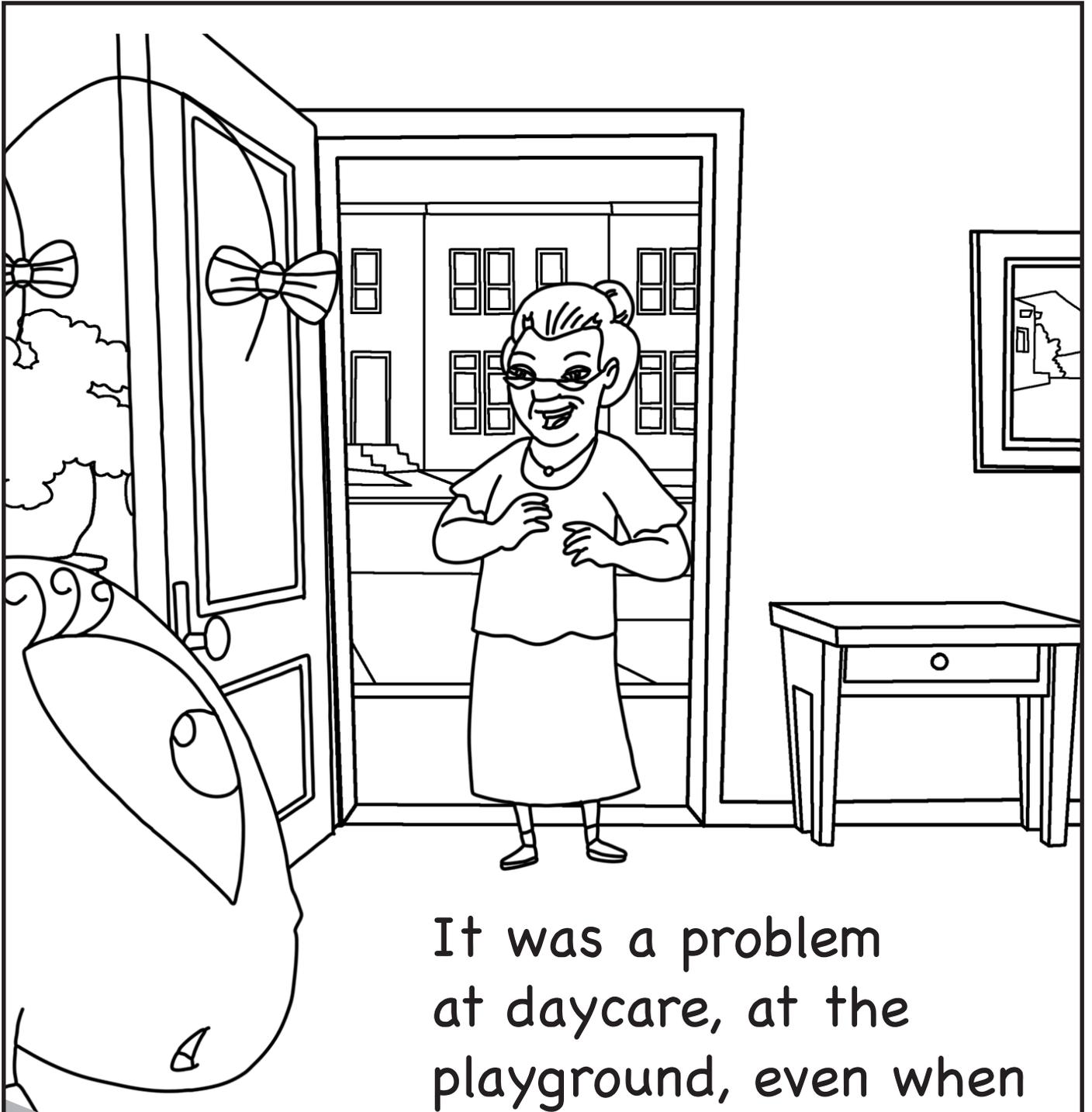


She was too scared to talk. Too scared to be out of sight of Julio and Maria.

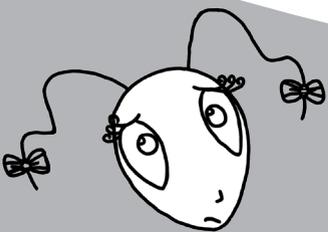
Grownups set a kitchen timer for a few seconds ahead. Tell your child that you are going behind the chair, into the next room or around the corner, and you'll return when the timer rings. Go, and return when it rings. Let your child know you love him or her and will always try hard to return on time.



Activity Place



It was a problem
at daycare, at the
playground, even when
Granny came over.



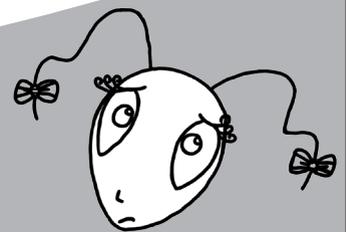
Activity Place

Go to the library together. Ask the librarian for some stories where people or pets go away and then come back. Caregivers—while you are at the library look for books that model courage and waiting.

She just couldn't relax and let go.



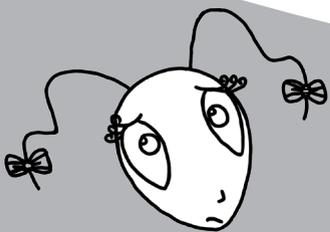
After you've been gone from each other, sit down in a comfortable place together. You tell what you did while you were gone. Your child shares what she thought you were doing while gone.



Activity Place



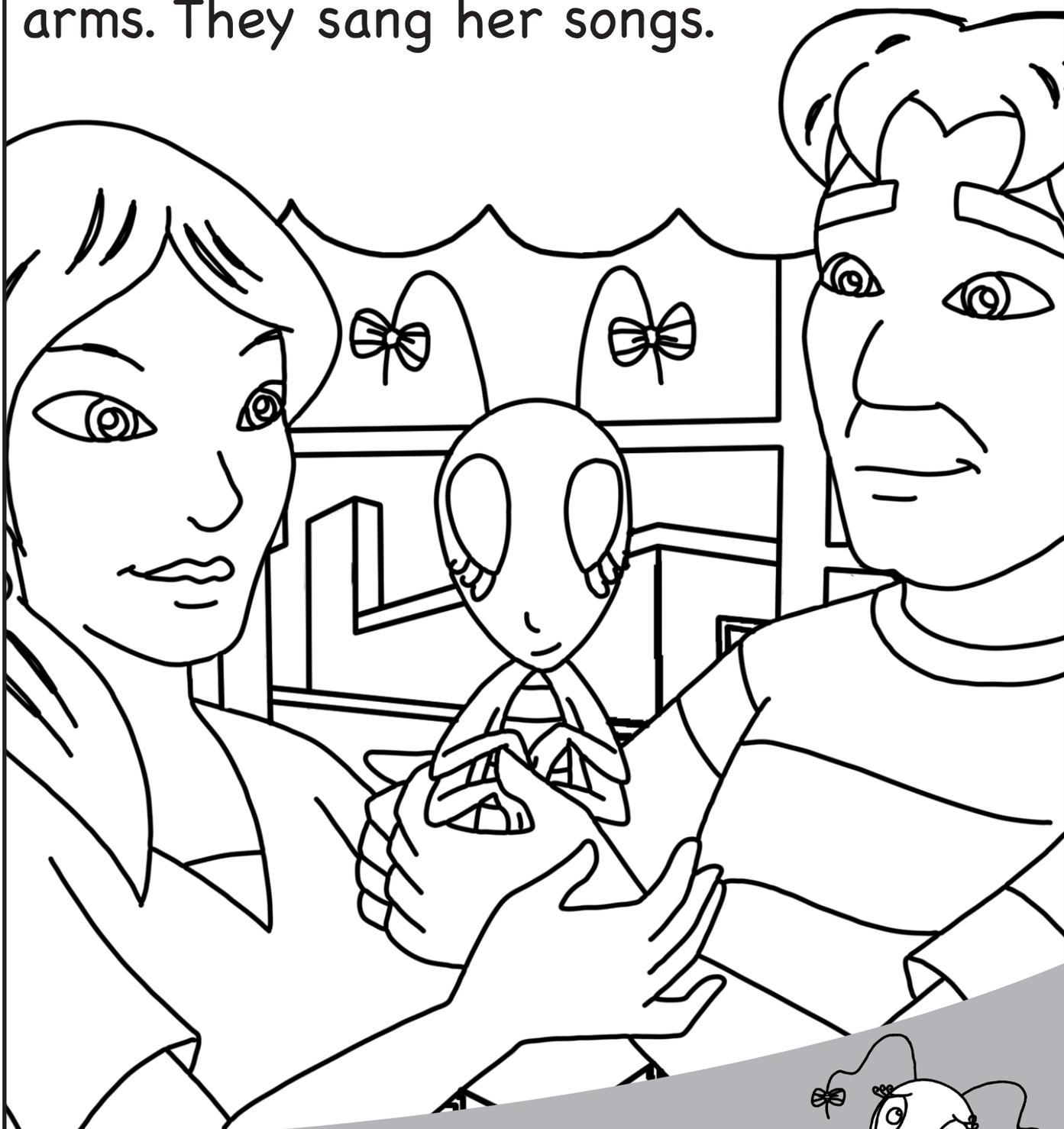
Finally, someone had to do something. So they did.



Activity Place

Do some laundry together. Choose a towel. Put it in the washer along with other things. Talk about how the towel goes in the washer and you don't see it for a while and then it comes back out—all fresh.

They rocked her in their arms. They sang her songs.

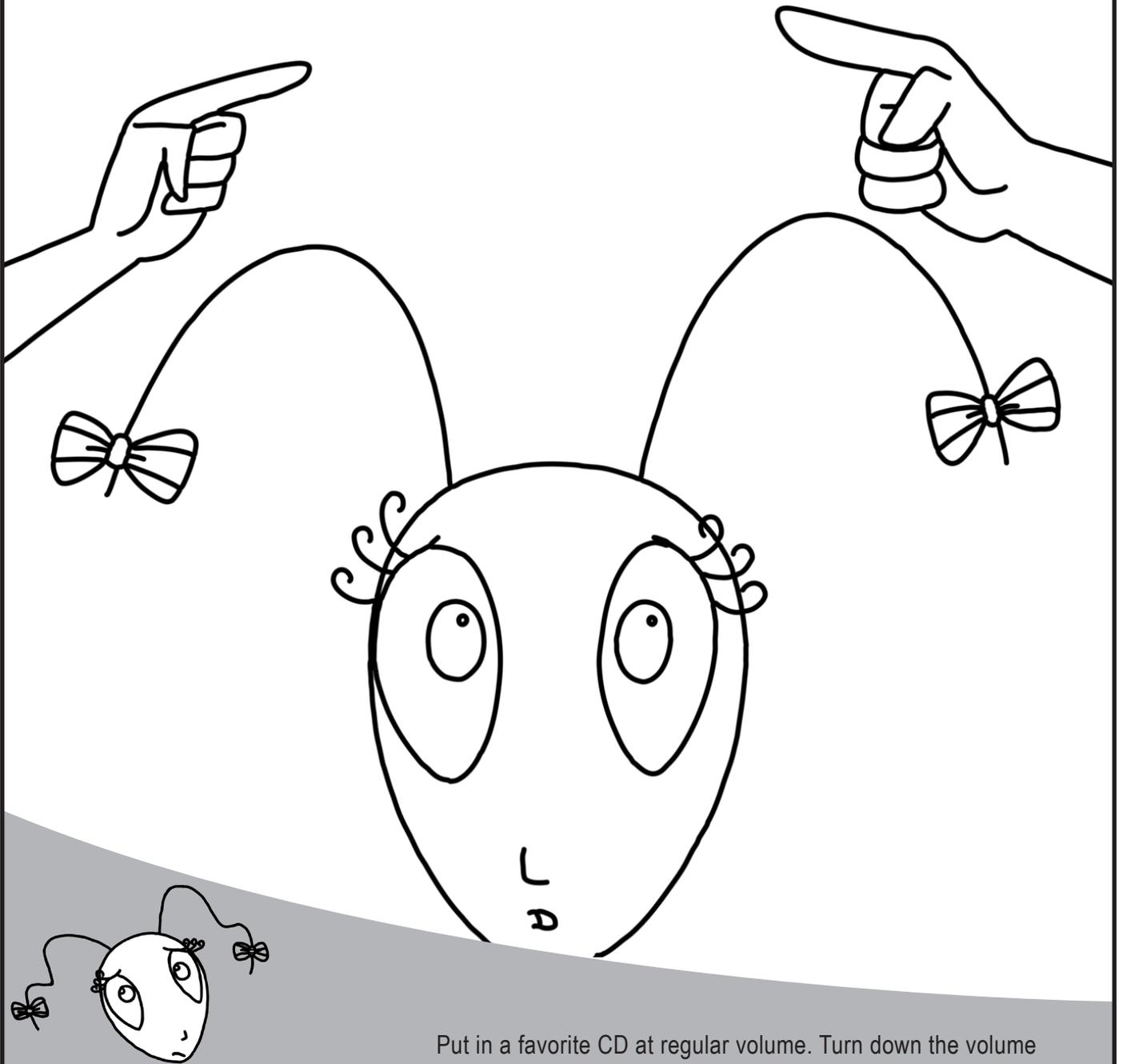


Children take a stuffed toy and put it in a chair. Walk into another room and play a little while. Now, go back to get the stuffed toy and tell it where you've been. Children take your stuffed toy with you when you go out and keep it safe.



Activity Place

They came to understand that their arguing had made her clingy.



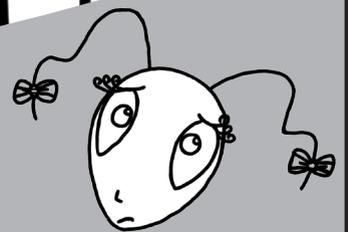
Activity Place

Put in a favorite CD at regular volume. Turn down the volume until you can barely hear it. Listen. Turn it down even lower. Listen. Did it disappear? Now, turn up the music. It's still there. Music goes away, but it always comes back.

So they were more careful when they argued.

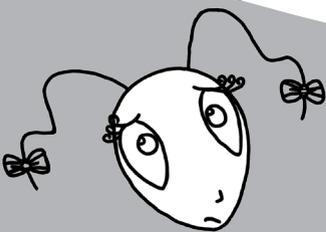
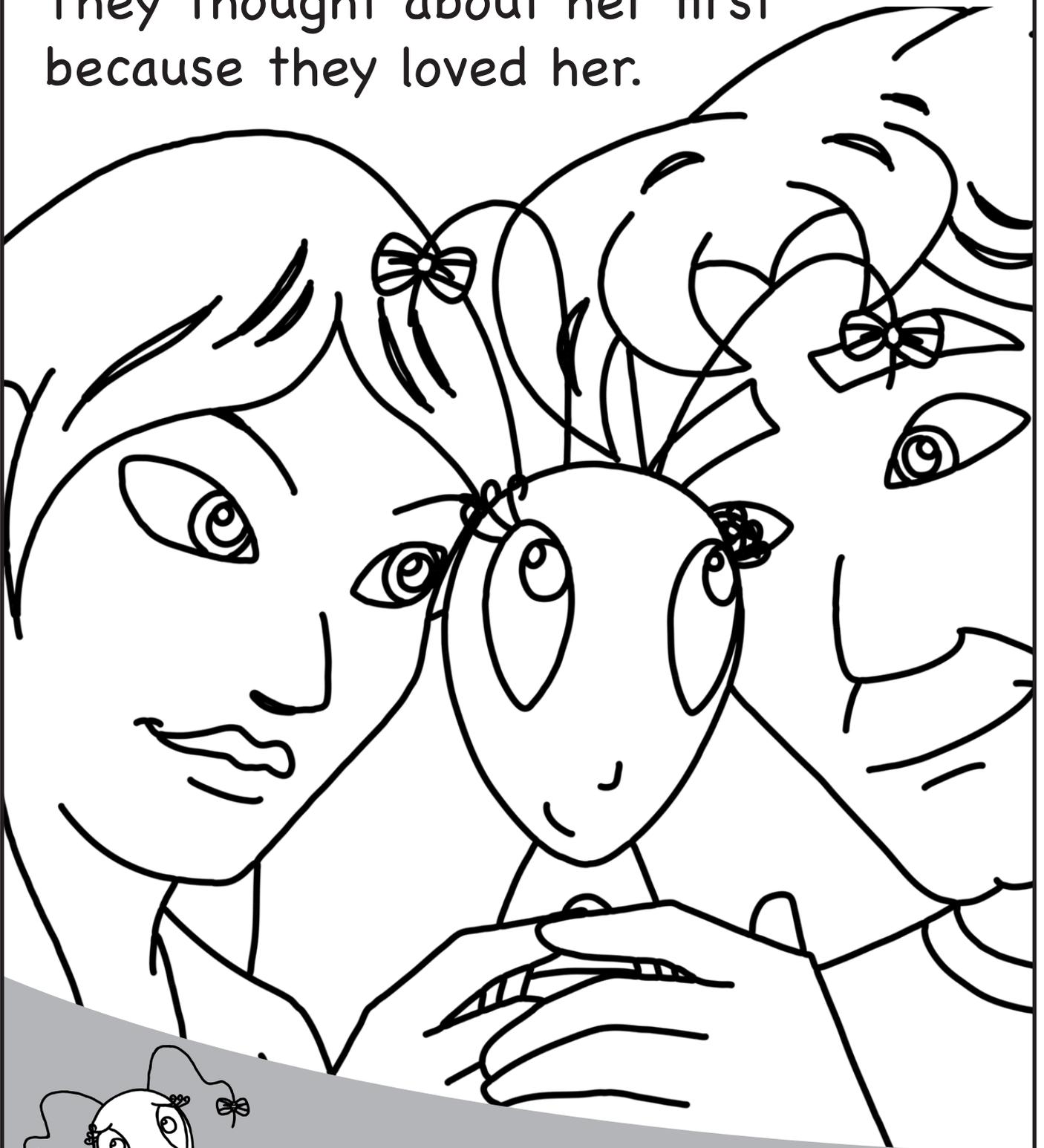


Sit down on the floor. Pretend you are sitting in a field of fuzzy dandelions that you can blow away. Pick an imaginary dandelion, hold it in front of your mouth. Take a deep breath and blow. Do it again. And again. Talk about how breathing makes you feel.



Activity Place

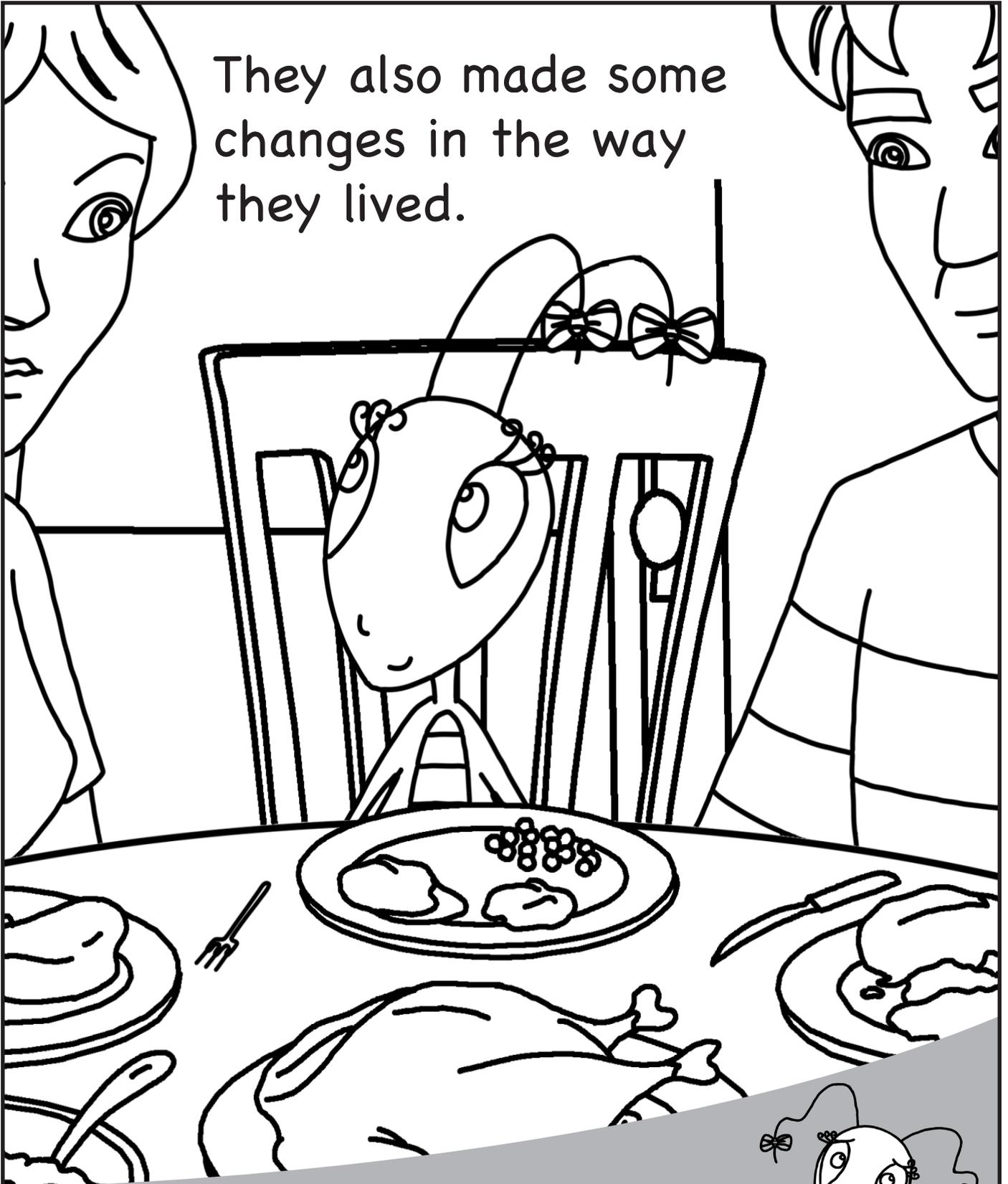
They thought about her first
because they loved her.



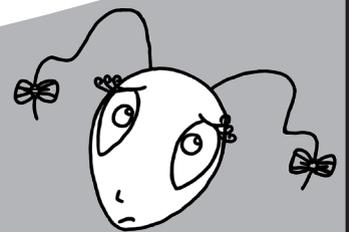
Activity Place

Play "Hide and Seek." The adult hides and the child looks for the adult, then the child hides and the adult finds the child. Make the hiding place simple.

They also made some changes in the way they lived.



Plan a walk to the park. On your way there, talk about what you will do: swing, play on the jungle gym, go down the slippery slide. Then do the things you say you will do in that order.



Activity Place



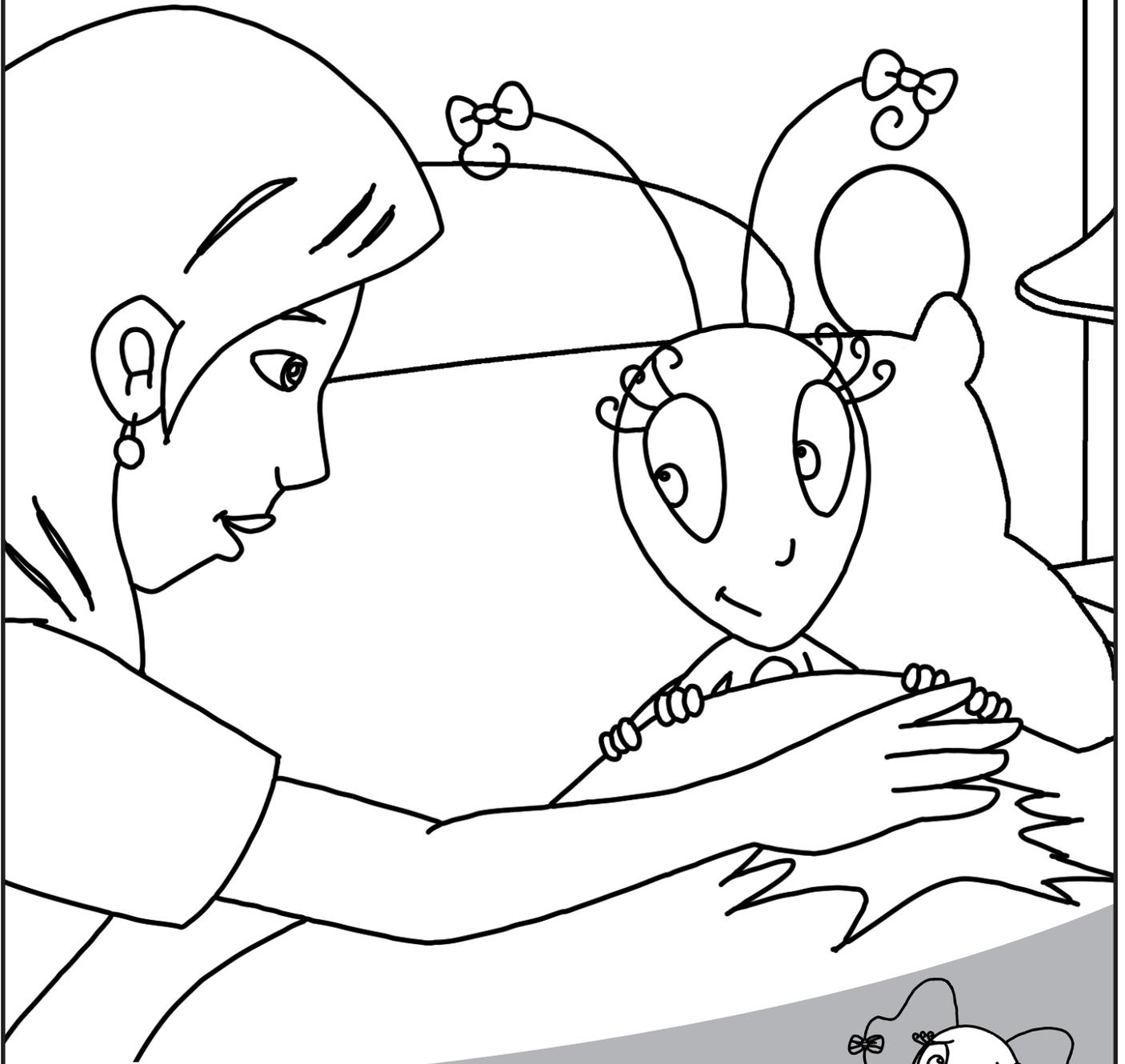
They came home when they said they would.



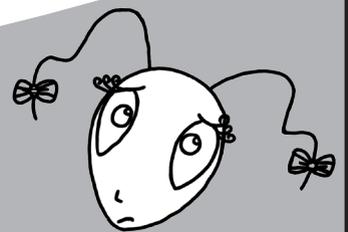
Activity Place

Choose routines that you can do together. Pour milk for mealtime, set napkins on the table, say some special words before eating, read a bedtime story. Repeat them over and over.

Did what they said they would do,
so she could depend on them.

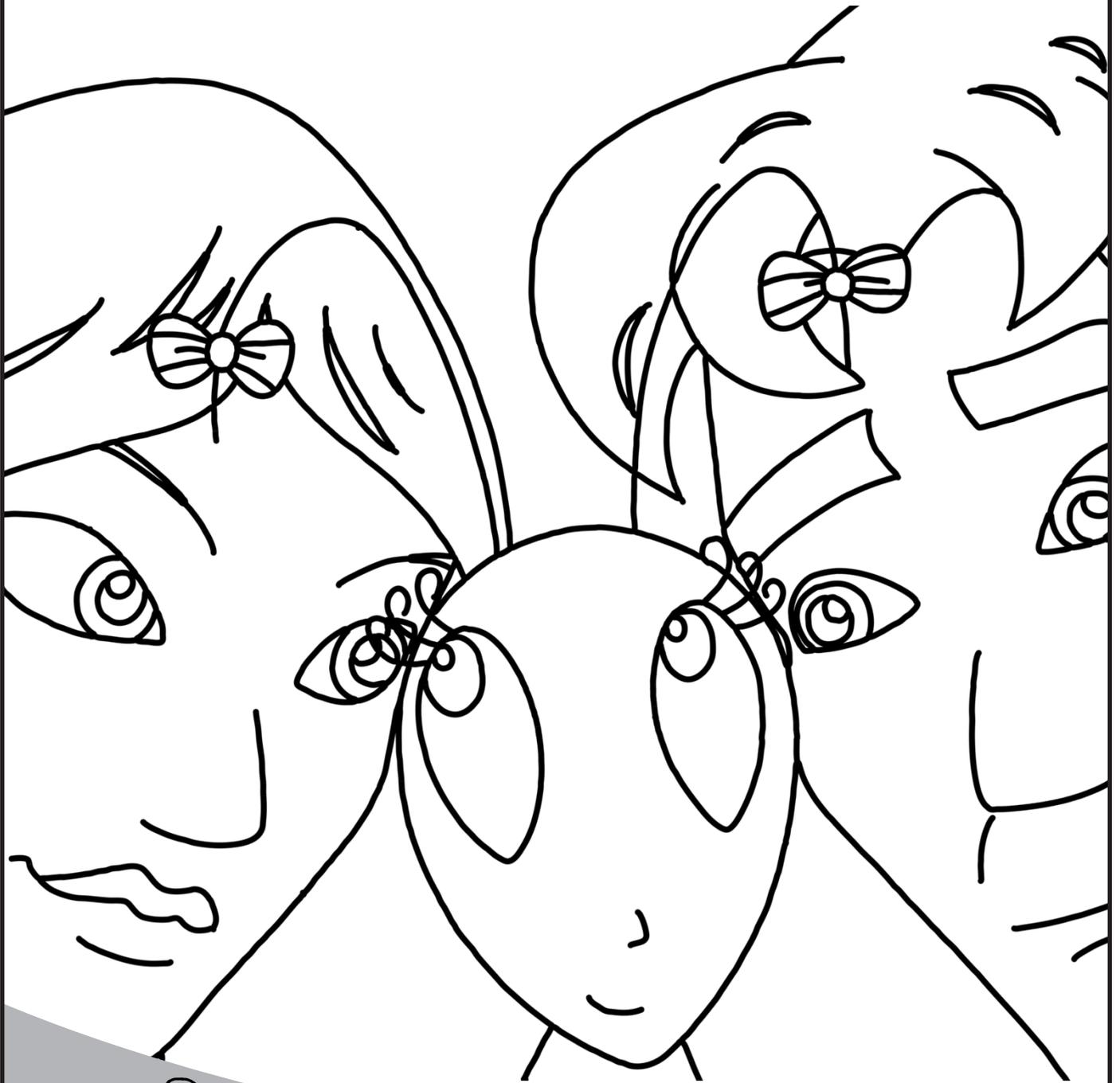


Plan to do something fun together in 3 minutes. (Two somersaults? Make cookies?) Find a clock with a minute hand and watch the hand go around 3 times. When the 3 minutes are up, do the activity you planned to do.



Activity Place

It took a lot of patience.



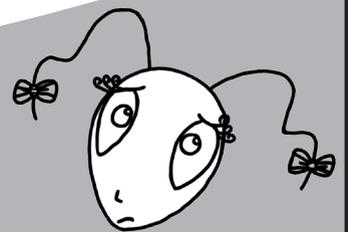
Activity Place

Roll a ball across the floor to each other. Talk about how things that go away come back to you when you care about them.

But little by little things
began looking better.



Make masks with your child. Play with your child with the masks. Pretend the two of you are behind masks. Make up things you think the masks could be saying.



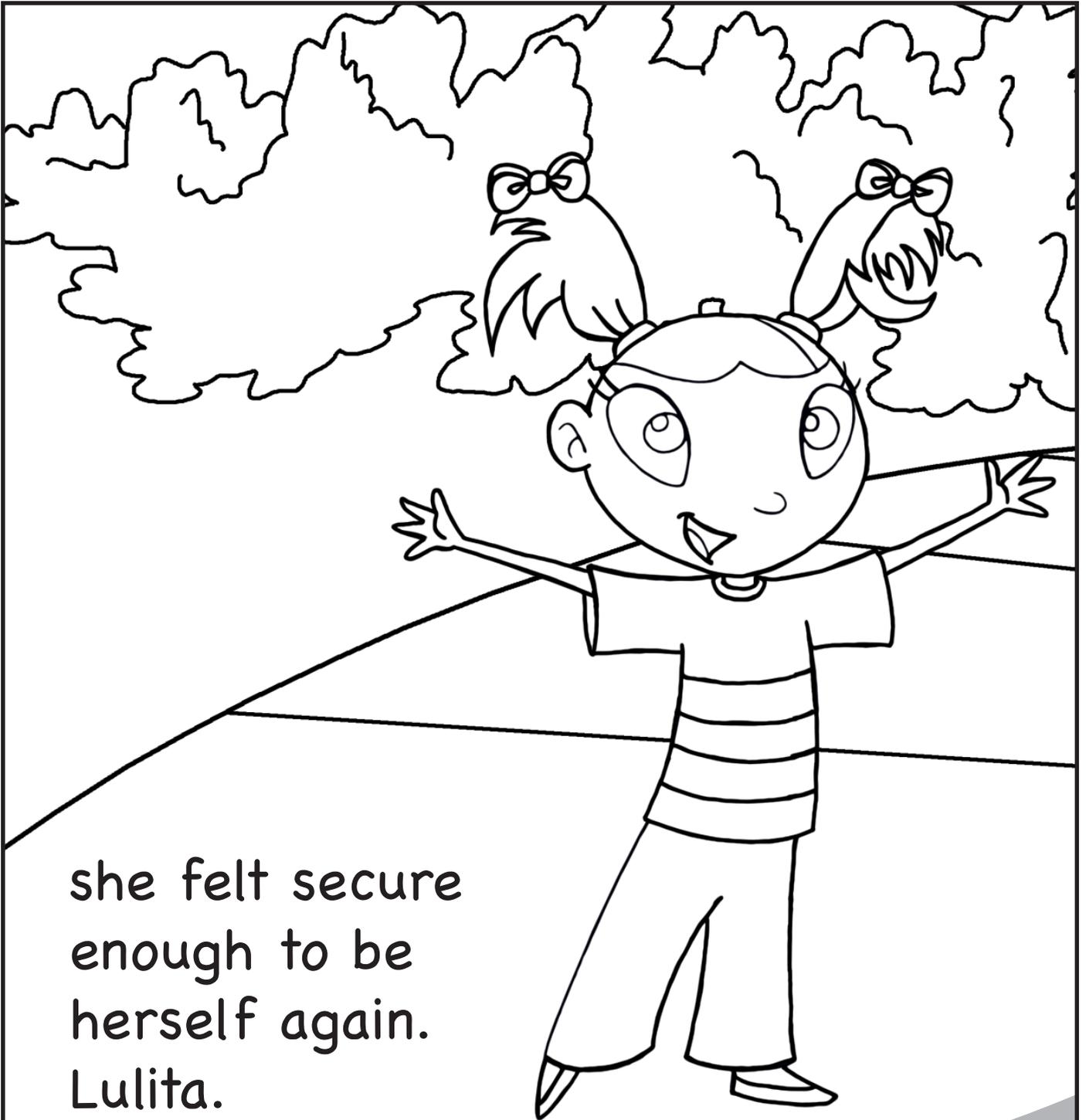
Activity Place



Until one day,

Tear pages out of an old magazine. Tell a story about what you see in the picture.

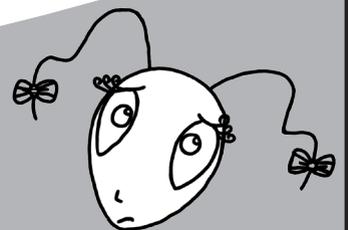
Activity Place



she felt secure
enough to be
herself again.
Lulita.

Grownups sing a song while you're playing with your child. How about this one? You make up the tune.

*I will come back to you.
I will come back to you.
I will do my best to come back to you.
I may go to (work, church, class)
I may go to (shop, sing, dance)
I may go away
But I will do my best to come back to you.*



Activity Place



Activity Place

Draw a picture of you and someone you want to always come back.