

# Making Room at the Table

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# Ice Breaker

# Outline

- Circle of Security
- Attachment Basics
- Strategies for Mealtimes and Snacks



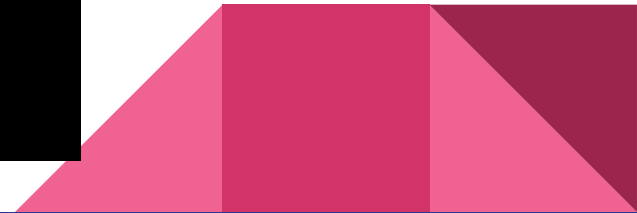
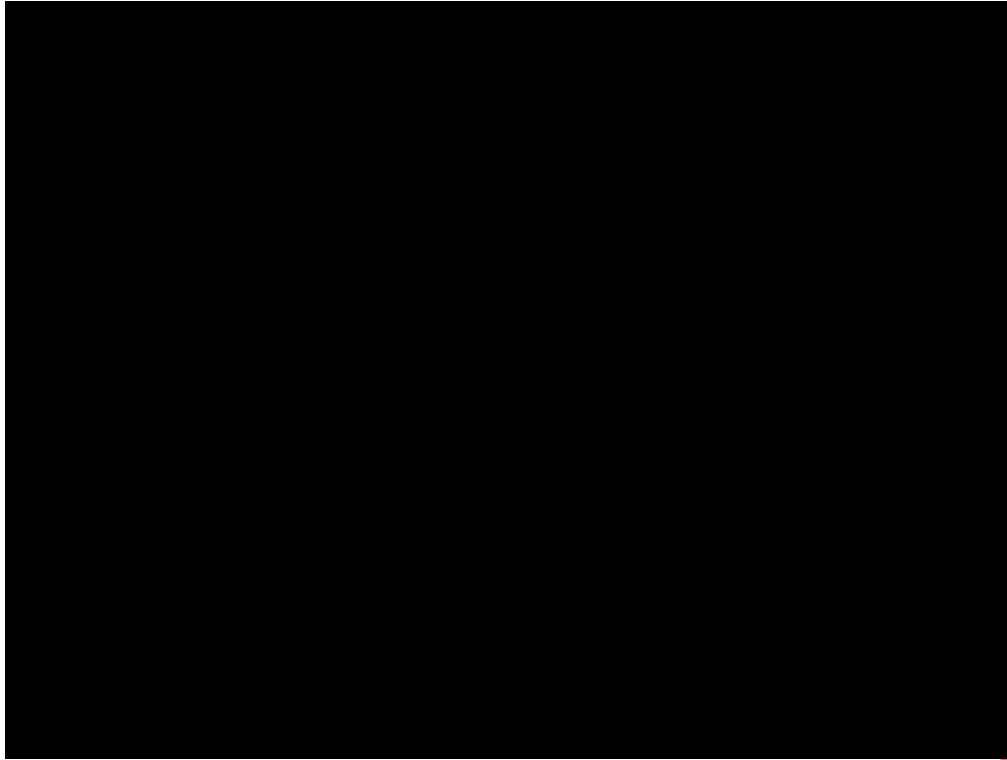
# Attachment

We are hardwired to connect..... Alicia Lieberman

<https://www.youtube.com/watch?v=k2YdkQ1G5QI>



# Baby Feeding Cues



# Feeding Cues

<https://www.youtube.com/watch?v=vQvEIsIQLO0>



# Attachment Security

Use of a preferred person as a secure base from which to explore..... And as a haven of safety or comfort when needed. Confidence that the secure base person will “***always be there for me,***” available, responsive and able to help or save me.

*NY Attachment Consortium*



# Attachment Insecurity

***Lacking confidence*** that the secure base person will “always be there for me,” available, responsive and able to help or save me.

*NY Attachment Consortium*





# Attachment

## *What is Needed?*

Touch

Thoughtfulness

Affirmation

Connectedness

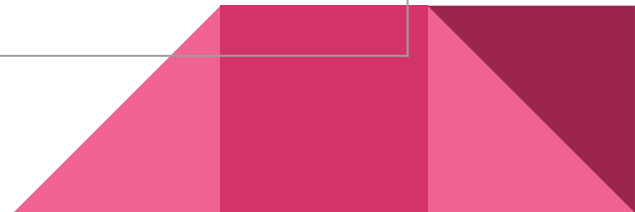
Hope

Memories


Emotional Availability

Needing one another

Trust



# Attachment

- Effects the development of the brain
  - By 12-18 months of age it is what helps predict and problem solve
  - Becomes knowing but not remembering. *Bowlby*
  - Allows a child to feel safe and try new things.....
- 

# Feeding and Attachment

Think about what mealtimes were like for you as a child.....

- What do you remember? Positive Interactions? Negative?
- Have you or will you change things?
- If so, how?



# Write your Wish

Write on the post-it note:

Thing you would like to keep from your childhood

Or

Thing you wish to change from your childhood



# Feeding and Attachment

Things you can give to a child to enhance mealtime:

- Understanding
- Empathy
- Connection
- Healthy Foods

Caregiver's Role:

Being With, Basic Skills, Encouragement to Explore



# Feeding and Attachment

Caregivers who provide these basics and fill their roles have

- Easier Mealtimes
- Increase in Attachment
- Increase in Life Skills



# Feeding and Attachment

## Strategies and View

### Who does what?

- ❖ Caregivers: decide **what** foods, **when** to eat and **where** to eat
- ❖ Child: **How much** and **whether** they eat

### Structured Times for Meals and Snacks:

- ❖ Every 2-3 hours
- ❖ No eating in between



# Feeding and Attachment

## Make a Connection

- ❖ Sit with and enjoy child
- ❖ Maintain a pleasant atmosphere
- ❖ Sing a song, create a tradition



Food tastes better when you  
eat it with your family.



# Feeding and Attachment

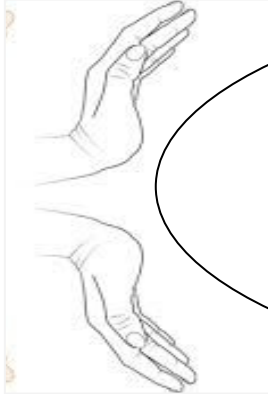
Face challenges with support

- ❖ Offer new foods neutrally
- ❖ Involve your child, prep and clean up (they are more likely to try food)
- ❖ Give time to like new food (10-15 times)
- ❖ Encourage but do not force
- ❖ Model eating new foods
- ❖ Help learn to understand hunger cues



# Mealtime Attachment

- Be Available
- Be Supportive
- Help Me Feel Safe



- Watch Over Me
- Delight in Me
- Help Me Feel Safe
- Enjoy With Me
- Encourage Variety

Make it emotionally safe for me to try new foods.

Create Traditions and Warm Memories Surrounding Mealtimes

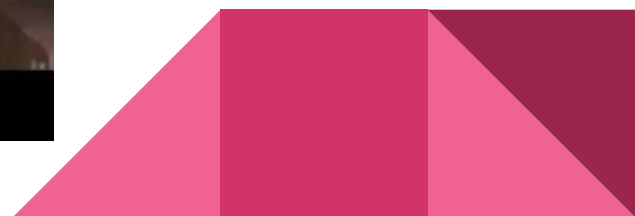
- Protect Me
- Comfort Me
- Delight in Me
- Organize My Feelings
- Make it okay for me to say no. (10x)



***Bigger, Stronger, Wiser Kinder. Avoid Power Struggles***

Adapted from Circle of Security in the Classroom, Cooper, G et al 2006

[https://www.youtube.com/watch?v=t4okAfKCwRk&https://www.youtube.com/watch?v=t4okAfKCwRk&list=PL2yRU0zqN4egNbYio\\_m2i9uH554CuVlist=PL2yRU0zqN4egNbYiqXrl\\_m2i9uH554CuV](https://www.youtube.com/watch?v=t4okAfKCwRk&https://www.youtube.com/watch?v=t4okAfKCwRk&list=PL2yRU0zqN4egNbYio_m2i9uH554CuVlist=PL2yRU0zqN4egNbYiqXrl_m2i9uH554CuV)



# Emotion Regulation



# Dinner Time

Would you rather go to the beach or to the snow?

What is the best thing about being a part of this family?

If you were only allowed to keep your two most favorite toys, what would you choose?

Tell us something that makes you **HAPPY**

What is your favorite game to play with your brother/sister?

Tell us about something nice that you did for someone else today.

What is something that you would like to learn?

What do you like the most about the person sitting next to you (on the left)?

If you could have a super power, what would it be?

If you could go anywhere in the world, where would it be?  
Why?

**Describe your perfect day**

If you had to live inside of a TV show for a whole week, which show would you like to be in?