

## ATTACHMENT AND ITS IMPORTANCE IN ADOPTION

### 2. SECURE ATTACHMENTS

#### TRANSCRIPT OF DEB'S STORY AUDIO

Adoptive parent, Deb talks about the attachment issues she experienced with her daughter.

*[Intro Music]*

#### **Deb**

My eldest daughter did suffer with attachment issues she was 5 when she came to us and I think she'd been in about 5 diff foster places before that so you can imagine, she really had to work at it. She had all the classic symptoms: controlling and trust issues some of which are still with us today when she's anxious, but we have managed to forge some attachments, us to her and her to us – she's managed to forge attachments to us.

She was very fearful having moved 5 or 6 times. I can't remember there were some smaller foster placements in between the major ones. She didn't think she was going to stay here for sure, she was expecting to move on, she needed to survive the best she could. In her little mind, she was trying to control us and she couldn't trust us to look after her.

I suppose the most challenging behaviour we've had consistently throughout the years is the stealing. It started off very small things, little things of mine, never anything from outside the home, or from my husband or her sister, it was always from me. So it started with a few little things of mine and then it was few little things that she just wanted, but then when she got to about 8 or 9 the penny dropped that she could steal money so then it cranked up a bit and we still have a safe, sadly, and she's 15. We talk about it a lot and try and unpick it throughout the years and you have all sorts of theories as to why but it definitely gets worse when she's anxious but now she can recognise that and she can say to me "I feel like stealing something where's your purse? I'm really glad your purse is in safe I'm glad I'm not tempted". At least I'm glad she can start talking about how anxious she feels and why she feels this need to steal.

It has been very challenging for us throughout the years. Some of the time I'm very patient and understanding and other times I'm not. I've sort of knee jerked and over reacted and it's been very frustrating because she's the sort of child you can have these conversations with and then the week later she's doing again which is very frustrating, and that's why we've got the safe, it's best you get things right out of the way - you don't leave alcohol out for alcoholic. It's trying not to panic really, and trying to think that it's all part of her and you have to accept the whole package.

*[Outro Music]*