

Nurture Highway Activity

Directions: The examples below have been scrambled and do not match the correct type of care listed on the lefthand side. Identify which message on the right match the correct type of care on the left. The first one has been done for you.

SITUATION: Seven-year-old child feels sad about being excluded by friends

The Teacher:

ABUSE

Says, *I'll get you some new toys and then your friends will want to play with you.*

CONDITIONAL CARE

Says, *I love you and I think you are wonderful. I'm sorry they left you out. Let's talk to the teacher and ask for help?*

ASSERTIVE CARE

Doesn't notice or says it doesn't matter.

SUPPORTIVE CARE

Says, *I remember a time when I was your age and was sad about being left out. It felt icky. Remember that I'm on your team. Anything you want from me?*

OVERINDULGENCE

"I don't blame them. Who would want to play with a crybaby like you?" Hits child on upper arm or twists ear..

NEGLECT

Sighs, says, *I'd always hoped that you would be popular*

SITUATION: Parent has been denying own needs based on the belief that the children's needs come first, then partners', then mine.

ABUSE

Shops, works, eats, takes pulls, or drinks compulsively to ease stress.

CONDITIONAL CARE

Continues to act on the old belief.

ASSERTIVE CARE

I recognize my needs and get them met and help; meet the needs of all family members. All of our needs are important. We work together to get them met."

SUPPORTIVE CARE

Thinks, *"I'll work as long as I need to in order to provide what my spouse and children want."* Works self into illness.

OVERINDULGENCE

Believes, *"I'm not a worthwhile person unless I sacrifice for my family."*

NEGLECT

Seeks membership in an appropriate support group.