



10 TIPS

Knowledge is Power

These tips are designed to help you find hope, understand, learn about and deal with mental health issues everyday.

Reactive Attachment Disorder

- 1. Participate in your child's treatment.** The family or caregiver plays an important role in treatment and its success. Be actively involved in setting goals and in the development of the treatment plan for your child.
- 2. Care about yourself.** It is important that you take care of yourself in order to care for your child. Establish a healthy lifestyle of regular exercise, good eating habits, adequate rest and participating in activities with others that you enjoy.
- 3. Interact** with your child through activities that your child enjoys (singing, playing games, shopping, etc.) and encourage your child to participate.
- 4. Develop a routine.** Consistency and structure are essential to your child's success. This includes mealtime, homework time, bedtime, and setting times for privileged activities such as TV, games and using the computer. Regular schedules, planning for transitions and routines will help your child feel safe and cared for.
- 5. Pay attention to your relationships.** Caring for a child with RAD can be challenging and stressful. It is important that you support others in your family and keep your family relationships and friendships strong.
- 6. Practice** activities that promote trust. Work with your child's therapist to assist you in choosing these activities. Your child needs your help to learn how to trust.
- 7. Discipline** is important and can be a challenge, so be sure to discuss the best ways to praise and discipline your child with their treatment providers.
- 8. Always listen** when children are ready to share their thoughts and feelings. They may open up when you least expect it.
- 9. Create a support network** of family, friends, and support groups. Ask your Care Coordinator or the Office of Consumer and Family Affairs (303 432-5955) for information about support groups in the community.
- 10 Learn about RAD.** Ask for written materials and additional information from your providers. A few places to start are:

The Mayo Clinic: <http://www.mayoclinic.com/health/reactive-attachment-disorder/DS00988>

The American Academy of Child and Adolescent Psychiatry:

<http://aacap.org/page.wv?name=Reactive+Attachment+Disorder§ion=Facts+for+Families>

Developed in Collaboration with FBH Providers & the Consumer and Family Advisory Board



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