

NURTURE CHART (Adapted from Clarke)

Abuse	Conditional Care	Assertive Care	Supportive Care	Overindulgence	Neglect
<p>Relating to a child by assault, physical or psychological invasion, direct or indirect 'don't be' messages. Abuse negates the child's needs. However, any attention is better than none at all.</p>	<p>"I'll take care of you – but you've got to earn it/I'll take care of you if you take care of me." Requires the child to earn care or pay for care in some way. The care the adult gives the child is based on the adult's needs and expectations, rather than the child's needs.</p>	<p>Directly meeting the child's needs. The adult judges that, in light of the circumstances and the child's development, the child is unable to self-care and therefore provides the necessary care. This is decisional caring by the adult, on the basis that it is helpful to the child, responsive to his/her needs and appropriate to the circumstances. It is comforting and caring and freely given.</p>	<p>The caring presence of the person who offers help. Again recognises the child and his/her needs. It is care the child is free to accept or reject. It offers help and comfort. It stimulates the child to think and to do what they are capable of doing themselves.</p>	<p>Sticky, patronizing care. Whilst dressed as care, it is actually about the adult's needs. It promotes continuing dependence on the adult and teaches the child not to think independently and not to be responsible for self or to others.</p>	<p>This is lack of emotional or physical stimulation and recognition by adults who are unavailable or who ignore the needs of the child. Here, adults are too busy or preoccupied meeting their own needs to be attuned to those of the child. A form of passive abuse.</p>

Decisions a child is likely to make in response to the different nurture styles

Abuse	Conditional Care	Assertive Care	Supportive Care	Overindulgence	Neglect
<p><i>I am not powerful. I deserve to die, or the reverse, I will live in spite of them .It's my fault, or I'll blame everything on others. I'll be good, or I'll be bad. Adults get to abuse, or I can abuse those smaller than I am, or I will never abuse. I won't feel or have needs. Care doesn't exist .I am alone; I keep emotional distance from, and don't trust, others. I blame or strike or leave first.</i></p>	<p><i>I am what I do. I must strive to please. Adults get what they want. I can never do enough. I must be perfect. I don't deserve to be liked. There is a scarcity of care. I must be strong. Care obligates me and is costly. I don't trust. I do keep emotional distance, run away, or blame others.</i></p>	<p><i>I am important. I deserve care. It's okay to ask for what I need. I belong here. I am cared for. Others can be trusted and relied upon. I can know what I need. It's okay to be dependent at times.</i></p> <p>HOME: <i>"I belong in this family. There are people who will take good care of me when I need. It's safe for me to ask for help and make my needs known - and I can trust the adults to respond appropriately to my needs."</i></p>	<p><i>I am liked. I can know what I need. I am capable. I can be powerful. I am not alone. It's okay to ask for help. I am both separate and connected. I can decide when to be dependent and when to be independent.</i></p> <p>HOME: <i>"There are people in the home who care for me and help me to feel that I belong here and will be noticed. There are times when I can be independent, and that's okay."</i></p>	<p><i>I am not capable. I don't have to be competent. I don't have to know what I need, think or feel. Other people are obligated to take care of me. I don't have to grow up. I must be loyal to the indulging adult. To get my needs met, I manipulate or play a victim role. It's okay to be self-centred. Later on: Be wary and don't trust.</i></p>	<p><i>I don't really know who I am or what's right. I am not important. I am not likeable. I die alone or survive on my own. It isn't possible or safe to get close, to trust, or to ask for help. I don't deserve help. What I do doesn't count if someone has to help me. Life is hard.</i></p>

Taken from 'Growing Up Again' by Clarke and Dawson