

## MOVING CHILDREN ON

### "The Five Hearts"

This is a method for helping young children to understand why their parents are unable to care for them

It is important to help a child understand why the adults in their early lives were unable to care for them in the past. By helping a child to understand the past, we can help him or her to move on emotionally and to cope with the physical move into an adoptive family or other placement. This method is a simple, visual way of explaining to a young child about the ability, or inability, of adults to meet their basic needs. The five hearts represent: parents' love; food; shelter and clothing; stimulation and education; and protection from danger. The worker can explain to the child that all parents need five hearts to care properly for their children. The worker can then go on to explain, which hearts the parents did not have. The positive aspect of this method is that the child is not left with a completely negative view of their parents, as they can always retain the love heart.

PROTECTION  
FROM DANGER



FOOD



PARENT'S LOVE



EDUCATION,  
STIMULATION



SHELTER,  
CLOTHES



The child can be encouraged to draw and colour the hearts, while the worker talks about what the hearts represent.