



## Feel the Loss!

**Module:** II  
**Topic:** Continuity of Care  
**Type:** Guided Imagery  
**Group Size:** Large Group  
**Time:** 20 minutes

**Purpose:**

Participants will experience a sense of loss and relate it to the loss a child feels when “continuity of care” is not practiced in a center.

**What you will need:**

| Participant Materials | Trainer Materials  | Equipment |
|-----------------------|--|-----------|
|                       | :: PITC Video, <i>Together In Care</i><br>:: Script for guided imagery | :: TV/VCR |

**Directions:**

1. Show PITC video, *Together in Care*, section on continuity of care 16:28-25:55.
2. Read guided imagery script with feeling (see attached). Pause after each sentence.
3. Debrief by asking the following questions:
  - a) How did you feel when you had to move on to the next “significant other” for the first time?  
 Some possible answers might include:
    - i) I missed by first!
    - ii) I wanted my favorite chair where I had it!
    - iii) I missed cooking, and I resented cleaning the kitchen all the time.
 General consensus is that they missed the first person.
  - b) How did you feel when the second “significant other” left?  
 Some possible answers might include:
    - i) I couldn’t understand why I couldn’t go back to the person I had first?
    - ii) Wait! This is enough!
    - iii) But I’m tired of changing “significant others”!
 General consensus usually is if they liked their first person, the transition to the second was difficult. The transition to the third person was even more difficult.
4. Have participants think about how this experience relates to primary care for infants and toddlers.
5. Explain how many things might change as infants and toddlers experience moving from one primary caregiver to another in a short period of time.

## PITC ACTIVITIES

### Variations:

:: This guided imagery could be changed to reflect the importance of carrying out routines in a culturally sensitive way. Caregivers could “feel” how the baby feels when they do things differently, perhaps well, but differently from the parents.

### Links to Head Start Program Performance Standards:

### Activity Developed by:

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### Source Material:

Lally, J.R. (Executive Producer/Content Developer/Writer), Mangione P.L. (Content Developer/Writer), Signer, S. (Content Developer/Writer), Butterfield, G.O. (Producer/Editor), & Gilford, S. (Writer). (1992). *Together in care: Meeting the intimacy needs of infants and toddler in groups* [Videotape]. United States: The Program for Infant/Toddler Caregivers (Developed collaboratively by the California Department of Education and WestEd).



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*Guided Imagery (Continuity of Care)*

- ⊗ Ok, settle down, get comfortable. We are going to do a guided imagery.
- ⊗ Close your eyes. Let the TV screen in your head turn on so you can see the picture of what I am going to describe.
- ⊗ You are the star. Feel the feelings as we go through this.
- ⊗ *(If everyone hasn't closed their eyes, say this line humorously)* It takes trust to close your eyes. Just like the babies. Let go, trust me a little and close your eyes.
- ⊗ Now imagine a significant other in your life. It can be a husband, a special friend....or you can pretend and choose someone to live with you in your imagination.
- ⊗ *(Give participants a minute to choose)*
- ⊗ You know your person? Right?
- ⊗ Now imagine that this person is absolutely wonderful to you.
- ⊗ They ALWAYS remember to call you on their way home to see if you need anything from the store. They ALWAYS remember your birthday and special occasions. They clean up the kitchen EVERY night without your ever asking. They put the lid back on the toothpaste EVERY time. They do ALMOST EVERYTHING just the way you like it.
- ⊗ *(Often some participants are giggling and you may hear comments like, "Yeah, right")*
- ⊗ Wow, this person is wonderful to you. You love your life. You feel so happy....kind of warm and fuzzy.
- ⊗ Oh-oh.
- ⊗ Something happens.
- ⊗ The love of your life is leaving you.
- ⊗ Gone...gone.
- ⊗ But, it's ok. You get to choose someone new.
- ⊗ Ready to choose?
- ⊗ You can have anyone you want. Choose a movie star. Or choose a favorite singer.
- ⊗ Careful now....don't say the person's name out loud. *(Humorously)* Especially if someone in the class might know the person.
- ⊗ Ok, you have someone in your mind?
- ⊗ Now this person is very different from the first person.
- ⊗ They keep the house immaculate, but they've moved all the furniture around in your house and your favorite chair that was in front of the TV is now in another room. You love to cook, but they INSIST that they do all the cooking and expect you to clean up the kitchen. They bring you flowers for no reason, but FORGET your birthday and special occasions and that remembrance has become very important to you. They let you sleep late every weekend, which you truly enjoy.
- ⊗ How do you feel? *(Pause)*
- ⊗ Do you miss your first significant other? *(Pause)*
- ⊗ Well, it's been about six months and you're starting to get use to this second person.
- ⊗ Oops.
- ⊗ Stop.
- ⊗ They're out of here.
- ⊗ You get to choose a NEW person to live with.
- ⊗ Are you ready? Aren't you anxious to have a new person to move in with you?
- ⊗ Gee, you get to change your routines again. You get to experience living with a new person.
- ⊗ Wow!

- ⊗ So, choose a new person.
- ⊗ Now this person is nice too, but they have a whole new way to live. They LOVE the early morning and constantly ask you to get up early with them to experience the beautiful sunrise.
- ⊗ Remember, you like to eat at home and you've learned to love home-cooked meals. Well, they prefer going out or buying "take out" foods. They think your favorite chair is ugly, so surprise you by throwing it out and getting you a brand new chair in a totally different style.

*Note: By this time, most participants are sighing or getting anxious.*

- ⊗ Open your eyes
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