



Foundations for Preventing and Overcoming Blocked Care

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“Blocked care is a self-protective mechanism in the nervous system activated by excessive stress. This suppresses the higher brain functions needed for caregiving, causing your nervous system to develop a defensive stance toward your child.”

Reclaim Compassion, page xv

10 Signs that you may have developed blocked care.

1. You are too caught up in coping with your child's behavior to be curious about the meaning behind it.
2. You feel defensive and guard yourself from rejection.
3. You feel burned out, chronically overwhelmed, and fatigued.
4. You feel resentment toward one or more of your children or your situation as a whole.
5. You feel irritable with other family and friends.
6. You isolate yourself.
7. You become cynical about helpful ideas.
8. You feel you've lost compassion, which leads to shame.
9. You experience a crisis of faith or challenge of a personal belief system.
10. You don't feel real pleasure in parenting.

Types of Blocked Care

1. Acute Blocked Care
2. Child-Specific Blocked Care
3. Stage-Specific Blocked Care
4. Chronic Blocked Care

Child Specific Blocked Care & Blocked Trust

"If the child's needs are not met, and they are neglected or harmed, their nervous system begins to change. This state of chronic distress requires the child to protect themselves. It is so harmful that the child is often unable to receive your attempts of loving connection and care even after being placed in a safe home, no matter how loving and nurturing you are. This is blocked trust."

Reclaim Compassion, page 50

Risk Factors for Blocked Trust

1. Prenatal stress or harm.
2. Difficult labor or birth
3. Early hospitalization
4. Abuse
5. Neglect
6. Trauma
7. Change in primary caregiver

Overcoming & Preventing Blocked Care

INTERNAL



EXTERNAL



RELATIONAL



Cueing Safety to Your Body

INTERNAL

- Improve sleep hygiene.
- Drink more water.
- Move more.
- Improve nutrition.
- Take care of routine medical and dental care.
- Give yourself permission to rest if sick or injured.



Maintaining a Healthy Mindset

INTERNAL

- Points of Joy.
- Unfocused time.
- Complete a task on your to-do list.
- Decrease mental load.
- Resurrect a hobby or start a new one.
- Find an early photo.





External World

- Play music you love.
- Declutter something in your space and/or your schedule.
- Light a candle or run a diffuser.
- Spend time in nature.
- Add plants to your indoor space.
- Use soft lighting like fairy lights or white Christmas lights.
- Temperature of the room.
- Clothing textures.

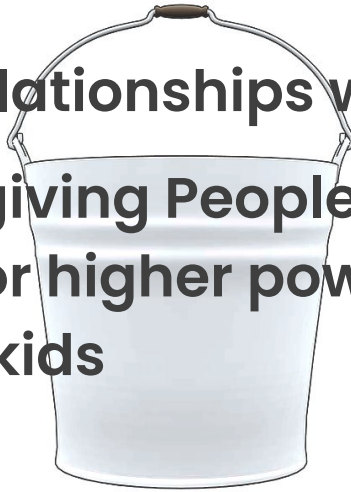
EXTERNAL



RELATIONAL WORLD

Your Relationships with:

- Life-giving People
- God or higher power
- Your kids



Relationships with Life-giving People

- Early morning walks with a friend.
- Lunch dates while the kids are in school.
- Marco Polo or Voxer group with other adoptive parents.
- Attend support groups.
- Reclaim Compassion.
- Therapist or coach.

RELATIONAL



Reclaim Compassion for Your Child

- Foundation of Fun
- Matching energy
- “You’re fun to be around.”
- Rhythm + Repetition + Relationship = Regulation
- Unexpected Yes.

RELATIONAL



RECLAIM COMPASSION

The Adoptive Parent's Guide to
Overcoming Blocked Care
with Neuroscience and Faith



LISA QUALLS

bestselling author of
The Connected Parent

MELISSA CORKUM

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