

Reflections, Impressions & Experiences

BOOK REVIEW

Inside I'm hurting: Practical strategies for supporting children with attachment difficulties in schools

Louise Bomber. (2007). United Kingdom: Worth Publishing.

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One size fits all is often the catch cry you hear in schools. *The students won't think it's fair if I treat one student in my class differently*, is the other common fallacy in education today. As both a teacher

and therapist, Louise Bomber writes for busy teachers who want to make a difference in their students' lives and make inclusion a reality for their students with attachment difficulties.

Each chapter gives practical strategies in bullet point lists for easy reference and useful chapter summaries. The book is loaded with examples, which are indicated in italics to make it easy to locate what you need as a teacher.

Inside I'm hurting re-affirms teachers of the good teaching practises they are already engaged in, and strengthens these strategies for the best possible outcomes for children who are hurting on the inside. She answers the hard questions like, *How do I treat one student differently to the rest?* and *Why won't my program work for everyone, all the time?*. Bomber explains how to support the hurting child in both recovery and

learning adaptive responses to trauma. The author emphasises that small steps are taken but are intentionally planned for by collaborative, supportive teams.

Bomber quotes Bowlby (1951, p. 114) as saying, "Children are not slates from which the past can be rubbed by a duster or sponge, but human beings who carry their previous experiences with them and whose behaviour in the present is profoundly affected by what has gone before." Children are not unlike you and I. Our personalities and experiences are all different. We expect to be treated according to our talents and fears, and children are no different. They deserve for themselves, what we expect for ourselves! [TEACH](#)

Reference

Bowlby, J. (1951) Maternal care and mental health (WHO Monograph No 2). Geneva: World Health Organisation.