

WHAT EVERY CHILD NEEDS

To grow healthy and strong, children should have good food, plenty of sleep, exercise and fresh air. Children have emotional needs to. To be healthy, all children require:

LOVE

Every child needs to feel:

- That his parents love, want and enjoy him.
- That he matters very much to someone.
- That there are people near him who care what happens to him.

ACCEPTANCE

Every child needs to believe

- That her parents like her for herself, just the way she is.
- That they always accept her, though often they may not approve of the things she does.
- That they will let her grow and develop in her own way.

SECURITY

Every child needs to know

- That there is a good, safe, place he can feel sure about.
- That his parents will always be there, especially in times of crisis when he needs them most
- That he belongs to a family or group; that there is a place where he fits in.

GUIDANCE

Every child needs to have:

- Friendly help in learning how to behave towards persons or things.
- Grown-ups around her to show her by example how to get along with others.

CONTROL

Every child needs to know:

- That there are limits to what he is permitted to do and that his parents will hold him to these limits.
- That though it is all right to feel jealous or angry, he will not be allowed to hurt himself or others when he has these feelings.

Children whose basic needs are satisfied have a better chance to grow up with positive self-images and become emotionally secure adults.

Source Unknown