

6 things

that your kids need from you

Here are six things your kids need from you to help them grow into happy, capable adults. You might be strong in some of these and not so much in others. Thinking through these questions might help you to see what you do well and where there might be room to improve your relationship with your children.

1

Love + warmth

- How do I show them I love them every day?
- Does my child know that it's their behaviour, not them that I don't like?
- Is my child scared of me, am I calm enough?

2

Talking + listening

- Have I said clearly how I want my child to behave?
- Have I listened to them or asked them how they're feeling?
- Are all our conversations about me telling them what to do?

3

Guidance + understanding

- Does my child understand why that behaviour is not ok?
- Do they see how their behaviour has affected others?
- Have I helped them to work out better ways to get what they need?

4

Limits + boundaries

- Has my child broken a clear, simple rule they already knew about?
- Is my child capable of doing what is expected or am I asking too much for their age?
- Have I reminded them of the rules?

5

Consistency + consequences

- Do I behave in the way I want my child to behave?
- Do I respond the same way each time I see this behaviour?
- Is this consequence:
 - related to the behaviour?
 - reasonable for my child's level of understanding and ability?
 - respectful?

6

A structured + secure world

- Does their day-to-day life have enough of a routine that they know what to expect?
- Do they have freedom to explore safely and make choices of their own?

