

FREE
WORK
BOOK

HOW TO

Help with your Children's Needs



BY BERENICE GOIN

GET READY

- Have a notebook or a print out of the workbook
- Have 15 minutes
- Find yourself a quiet spot

THIS WORKBOOK IS FOR YOU IF YOU WANT...

- to understand more about needs
- to recognize a need when you see one
- to help your children identify their needs



NEEDS VS DESIRES

Most tantrums are the result of an unanswered need. Which doesn't mean that you have to allow tantrums and give your child satisfaction (your child has a desire that reflects a need, giving in on the desire doesn't answer the need), but that understanding needs and practicing to spot them will save you many fights!



Action Step

▶ GET CLEAR ON NEEDS

To be able to see and identify needs, you have to get an idea of what you're looking for. In the hierarchy of needs, try to think of one situation for each need in your daily life.

SPOT THE NEEDS ▶

Now that you know what you're looking for, practice to see and recognize them. In your child but also for yourself.

▶ HOW TO COMMUNICATE ABOUT NEEDS

Spotting the needs and attending to them is a great improvement. But what about taking it a notch higher by allowing your child to learn about it too!

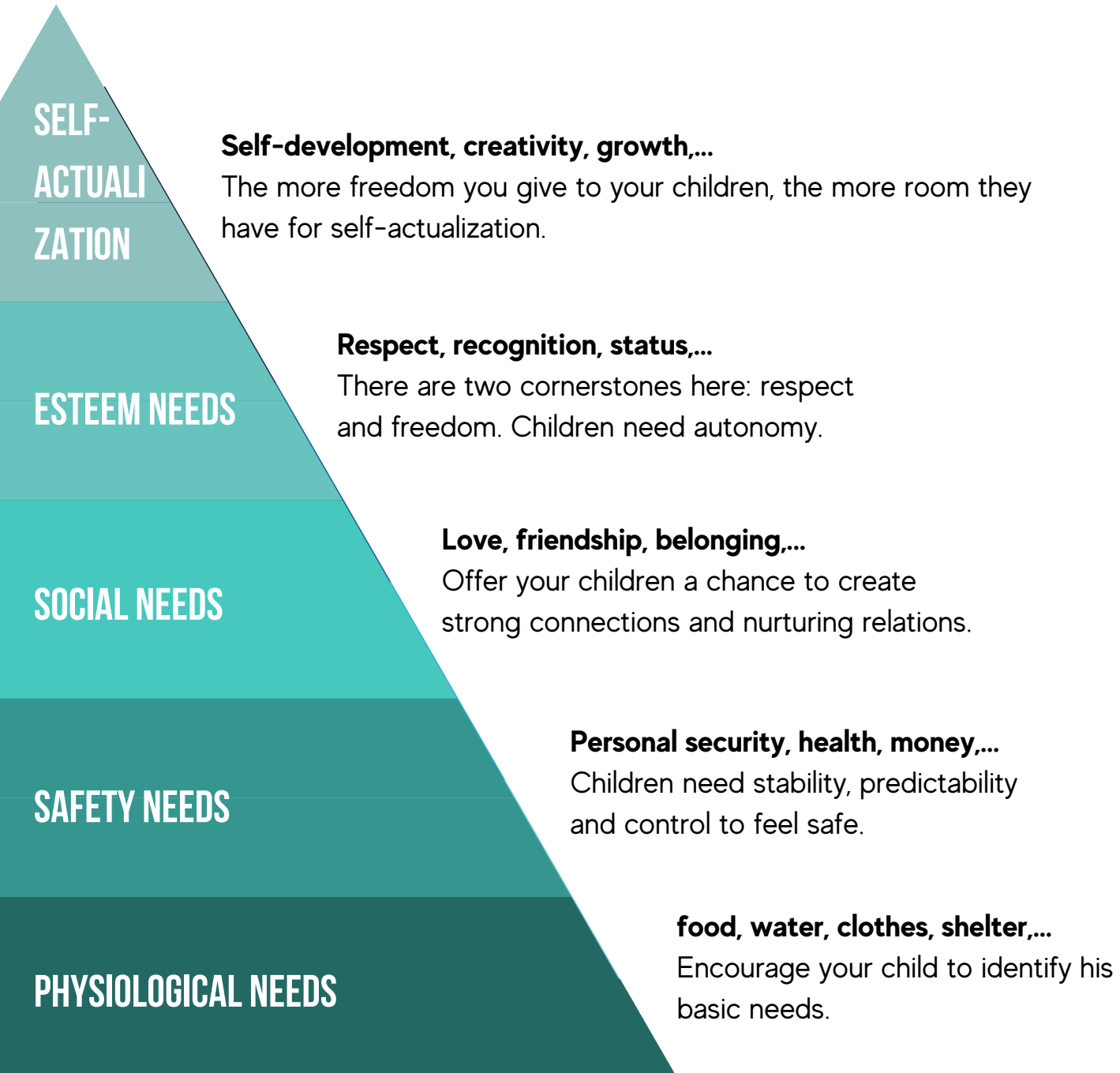
REMEMBER THAT YOU HAVE NEEDS TOO
TAKE THIS CHANCE TO LEARN HOW TO BETTER
EXPRESS YOURSELF ABOUT THEM





GET CLEAR ON NEEDS

We often hear about needs but what different kind of need are they? How are they organized?





SPOT THE NEEDS

When should you focus on spotting needs? Well, about every time your child is in opposition, showing a strong emotion, or having an irritating behavior.

- Your child is grumpy, doesn't want to engage in an activity, has trouble focusing, then maybe a physiological need is not answered: is he tired? hungry? uncomfortable?
- Your child doesn't want to let go of you and is hanging on your neck all day long, maybe he needs more security? Attention? Love?

The best way to identify a need is to observe and then to ask your child if you're correct. If he is not able to answer, you can try to answer to the needs you guessed and see if there is an improvement.

Hanging on your neck all day long

- **security:** reassure him, check if he's worried you might disappear/leave
- **attention:** allow 1/2 hour per day of 1:1 quality time

Wants to eat cake before dinner

- **food:** offer him a healthy option
- **comfort:** offer your child to help for dinner, give him attention





COMMUNICATE ABOUT NEEDS

Adam doesn't want to go to bed. He is in the living room, crying and screaming. You think of that article about needs and observe your child. Obviously, he is tired and that's a physiological need, but it's not helping here. You think some more. You just told him to go to bed and that's what triggered the tantrum. Maybe Adam's need for autonomy is kicking in? Or self-affirmation? But what to do? How to check when he is so emotional?

- **Describe the situation**

I can see that it makes you really angry when I ask you to go to bed"
>>> I didn't say "I can see that you are really angry to go to bed"
because the trigger was my order, not the bedtime.

- **Express the need you imagine is the right one**

"I think it makes you angry when I decide for you and give you orders.
You would like to decide for yourself"

- **Ask for something**

"When would it be a good time for you to go to bed?"

>>> When asked, children are usually reasonable. it might be "when I'm done building my tower" or "when I've read my book".

IF the answer is not reasonable ("tomorrow", "never", "in one hour") set the boundaries by expressing YOUR need: "This is not working with me. I need to have adult time in the evening".



You did it!

You can now practice communicating
about needs and encouraging your children
to do the same!

WRITE DOWN 3 NEEDS OF YOURS THAT YOU WANT TO
RESPECT MORE



Congratulations

TODAY YOU LEARNED ALL ABOUT YOUR
CHILDREN'S NEEDS
.WELL DONE!

