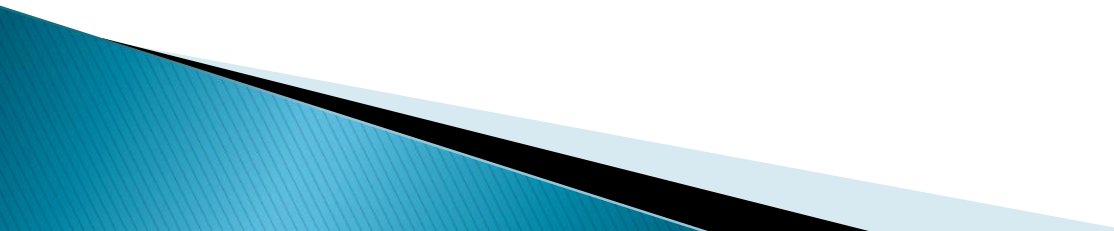


Meeting the Four Critical Needs of Our Children

Kim Fanter
October, 2011

Welcome!

- Parents, teachers, grandparents...
 - Preschool?
 - K– 3rd Grade?
 - 4th – 6th Grade?
 - Middle School?
 - High School?
 - Adult?
 - Disclaimers...
- 

Putting together the pieces of the kid puzzle...

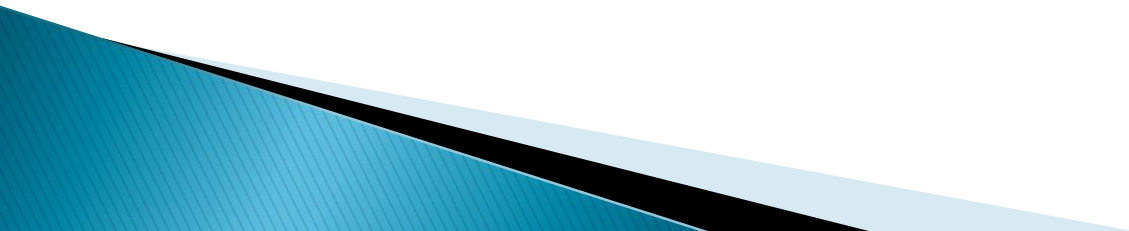


When we know better,
we do better.

Maya Angelou



Living in today's world...



Challenges

- Disrespect
- Entitlement
- Power struggles
- Setting and enforcing limits
- Self-esteem / Confidence
- Homework / Grades
- Underachievement / Motivation
- Peer pressure / Bullying
- Technology / Social Networking
- Economic pressure
- Substance abuse
- Media influences & cultural “norms”
- Diversity
- Confusing / Conflicting Information
- Divorce / Drop-outs / Depression
- Suicide

Times have changed...

- TV
 - Music
 - Movies
 - Role models
 - Peers
 - Families
 - Fear
- 

Topics we will cover:

What and Why?

Job Descriptions
The 4 Critical Needs

How?

Meeting The 4 Critical Needs
Discipline Styles
Love & Logic Techniques

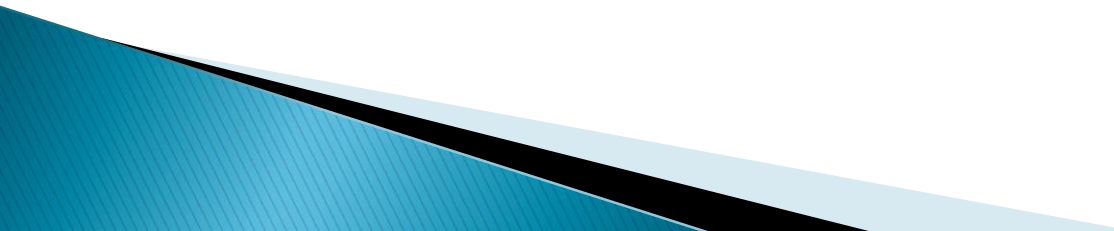
Conclusion

Questions?

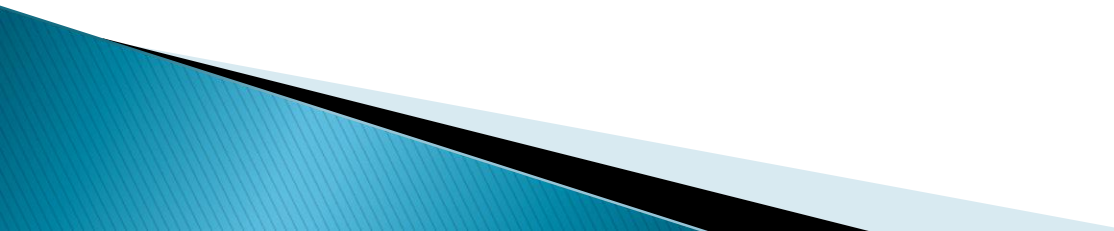


Job Descriptions

What is a Kid's Job?

- Learn love
 - Education
 - Grow up & mature
 - Develop character & personality
 - Learn about rules & boundaries
 - Learn values & life skills
 - Make mistakes/learn otherwise
 - Prepare for independence/adulthood
- 

What is a Parent's Job?

- Teach love
 - Keep children safe
 - Provide basic needs
 - Education
 - Teach life skills, values & boundaries
 - Set & enforce the limits
 - Allow mistakes/learning opportunities
 - Prepare child for independent life
- 

What is not on the list?

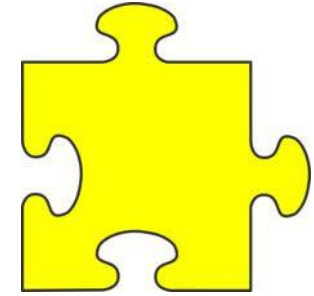
The 4 Critical Needs

Critical Needs



1. Security
2. Unconditional love and affection
3. Belonging
4. Healthy amount of control

Security



Feeling safe & secure
Having one's basic needs met
Predictability in one's environment / life
Clear & consistent rules
Consequences & accountability
Mistakes are learning opportunities
Time together as a family

Children need to feel safe in order to
take healthy/intellectual risks.

Unconditional Love and Affection

Learn love from parents & teachers
Healthy touch
Bonding with adults
Acceptance and learning
No strings, no conditions & no doubt
Time and open dialogue
Accountability for behavior
Perfection is not expected



Unconditional love is something
all children deserve and helps them
to love themselves and others.

Belonging

Feeling needed & valued

Feeling important

Being connected

Being a contributing member to the group

Shared values, beliefs, & interests

Time together as a family



Humans are tribal creatures who need to collaborate. Isolation is damaging...
worthlessness can lead to hopelessness.

A Healthy Amount of Control

Choices

Rules, limits and boundaries

Empathy & consequences

Being respectful & being respected

Freedom with responsibility

Gradual transition



If we want children to take responsibility,
we must give them responsibility.

Discuss with a neighbor...

What is often the result
when a child is not raised with
the four critical needs?

(Security, Love, Belonging & Control)



The Four Phases of Parenting

Infancy

love
safety
food

"No" to Preteens

love
safety
food
belonging
education
values
limits

Adolescence

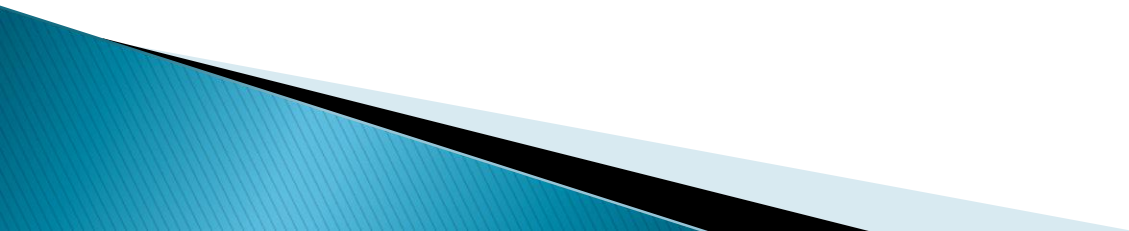
love
safety
food
belonging
education
values
limits
independence

Adults

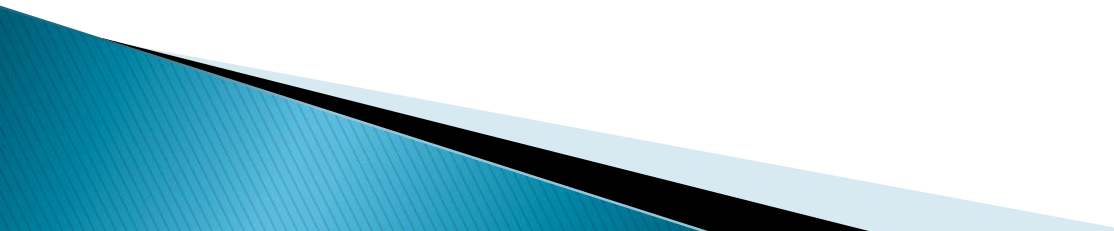
love
consulting

“Pay now or pay later...”

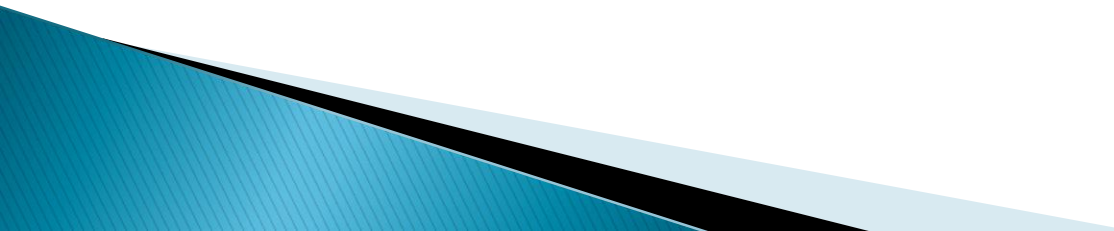
Meeting the Four Critical Needs



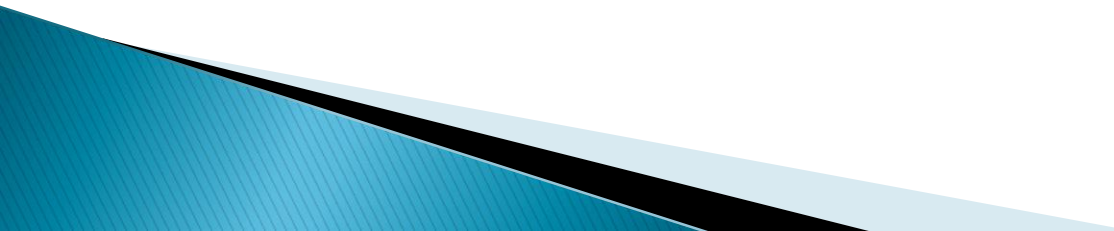
Security Ideas

- Predictable routines/schedule
 - Clear limits, expectations and consequences
 - Consistency
 - Predictable responses (approachability)
 - Empathy & consequences, not anger/punishment
 - Mistakes are learning opportunities
 - Time together
 - Establish traditions & make memories
- 

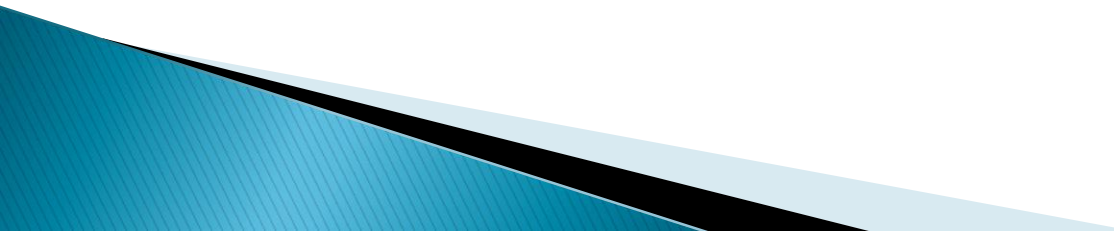
Love/Affection Ideas

- Help children discover their passion
 - Focus on their strengths
 - Healthy touch for all ages
 - Establish academic and personal goals
 - Connect real world applications for their school work (meaning, relevance, interest, value)
 - Celebrate successes & include humor
 - Open communication
 - Acknowledge and validate feelings
- 

Belonging Ideas

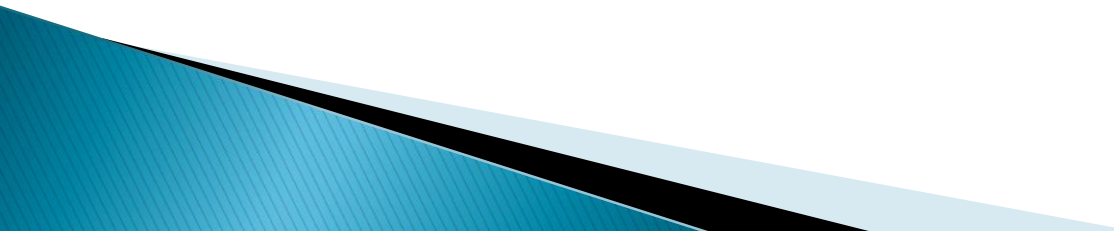
- Extended families vs. nuclear families
 - Family time & values
 - Apprenticeship
 - Chores
 - Children are appreciated/valued for their efforts and contributions
 - Family first (adults), peers second
 - Sports, clubs, churches, organizations
- 

Healthy Control Ideas

- Provide choices whenever possible– clothing, food, activities, sports, vacations, projects
 - Ask for input and opinions
 - Hold family meetings
 - Provide responsibility/leadership opportunities
 - Freedom with responsibility
 - Set & enforce limits–consistency
- 

Discuss with a neighbor...

In regards to meeting the four critical needs
of your children,
which one(s) do you need to improve upon?

- Security
 - Unconditional love & affection
 - Belonging
 - Healthy amount of control
- 

Discipline Styles



The Drill Sergeant



Drill Sergeant (strict)

- Definition: forceful, does everything for them, bossy, powerful, intimidating, focuses on their own needs, ignores feelings of others, demands respect from others, **controlling**
- This style uses: fear, **control**, anger, yelling, power, coercion, punishment, and revenge.
- This teaches others to: be resentful, feel unloved, lack confidence, be sneaky, disrespect authority, abuse power, blame others, feel helpless, not take responsibility, be angry, act out, **control** others.

Love & Logic

Parenting styles correlate with particular behaviors and drugs.

Strict parents see behaviors such as rebellion, resistance, hostility, aggressiveness, frequent vandalism and sexual acting out.

Drug use most often includes alcohol, sedatives and cocaine.

Dr. Fred Streit



The Helicopter



Helicopter (permissive)

- Definition: rescues, hovers, doesn't allow mistakes, does everything for them, use excuses, babies the child, spoils child, ignores or excuses disrespect, **controlling**
- This style uses: bribes, coercion, rewards, gifts, manipulation, blame, guilt, fear, **control**
- This teaches others to: lack confidence & motivation, can't think for themselves, have constant doubts, take advantage of others, feel unloved, be manipulative, act helpless and dependent, take no responsibility, have low self-esteem, give up trying, blame and **control** others.

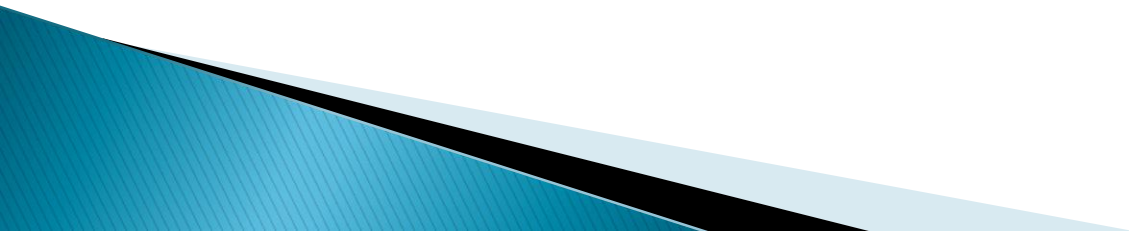
The **permissive** parenting style often sees behaviors such as manipulation, disrespect, poor attitudes toward life and learning, promiscuity, and excessive peer influence.

Drug use often includes marijuana smoking and hallucinogen abuse.

Dr. Fred Streit



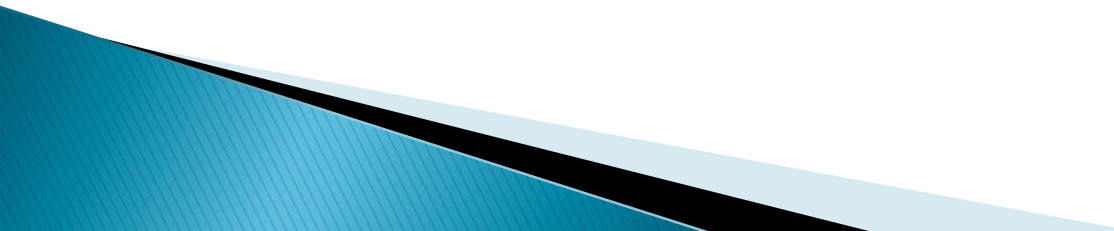
The Consultant Style



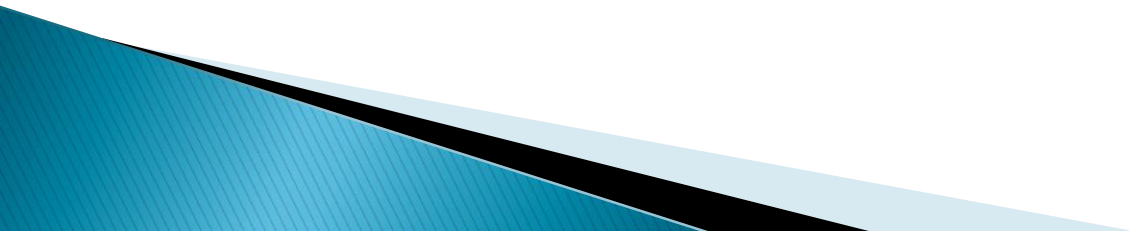
Consultants

- Definition: shares power & control, provides choices, allows for mistakes, uses empathy & consequences, manages anger, values feelings and the relationship, commands respect
- This style uses: role modeling, shared decision making, problem-solving skills, humor, high expectations, consistency, positive feedback
- This teaches others to: think, choose wisely, consider consequences before acting, understand needs vs. wants, respect authority, have confidence, take healthy risks, be independent & responsible, have strong work ethic, be motivated, have high self-esteem and EQ, feel unconditional love

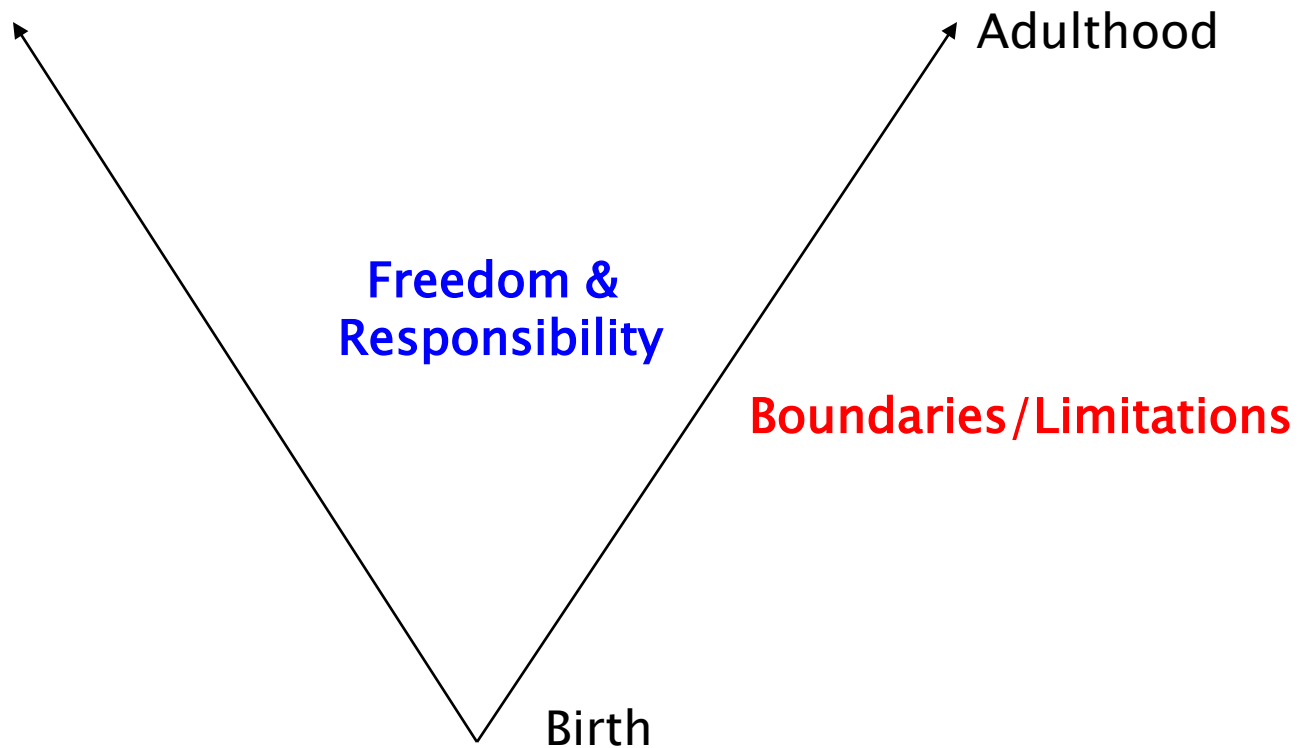
Consultants

- Give children choices whenever possible
 - Allow for mistakes—learning opportunities
 - Use empathy and consequences, not anger
 - Have high expectations & provide support
 - Mutual respect—relationship comes first
 - Use humor
 - Open communication
 - Value feelings, input and opinions
 - Firm and consistent
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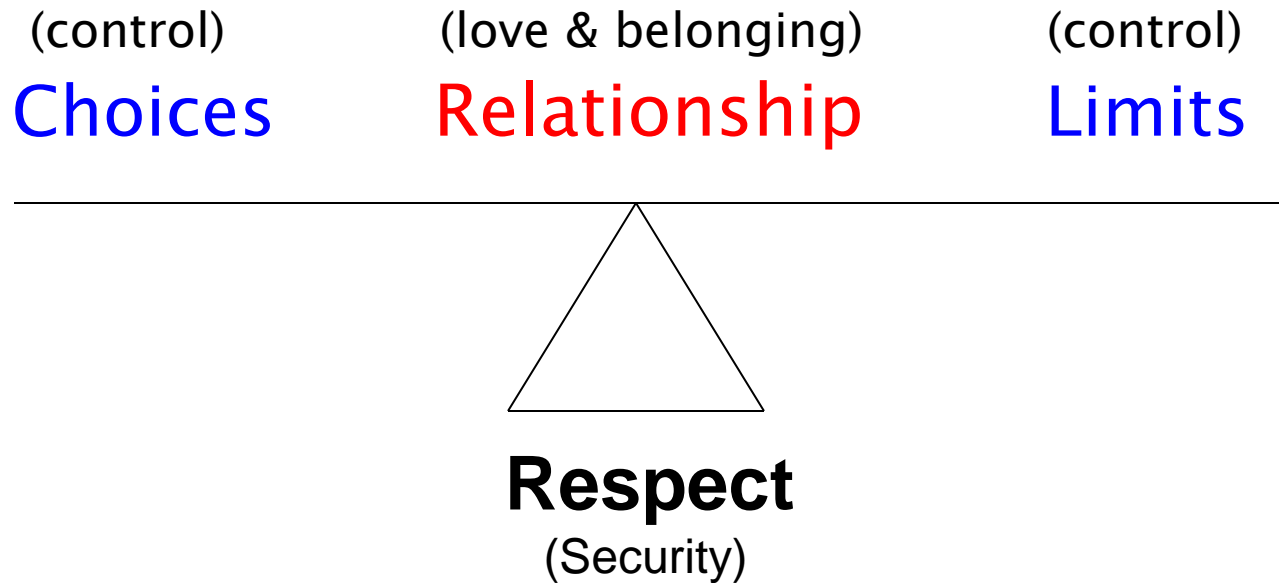
As a child matures and is able to handle more responsibility, they need to gradually shift from loving control to loving autonomy, making more and more decisions for themselves.



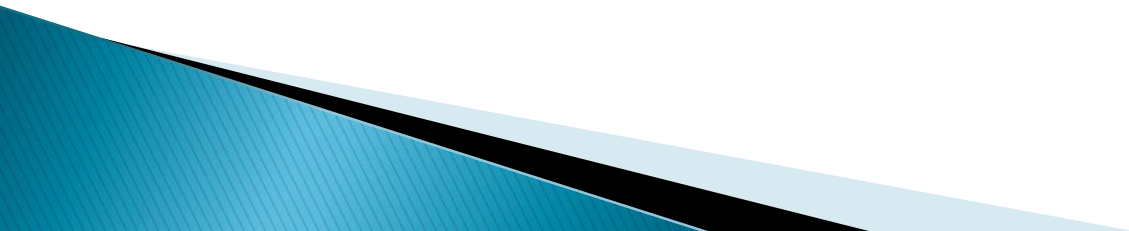
The “V” of Love



A Healthy Balance



Love & Logic Techniques



How do I maintain a good **relationship** with my child and still set & enforce **limits**?



Four techniques every parent should know...

1. Neutralize Arguing

Don't enter the game

Use few words / be boring

Use empathy

“Oh...” or “What a bummer...”

“I know...” or “How sad...”

“What did I say?”

“Sorry you feel that way.”

2. Setting & Enforcing Limits

Share control & provide choices
whenever possible.

“As soon as _____ I will be happy to
_____”

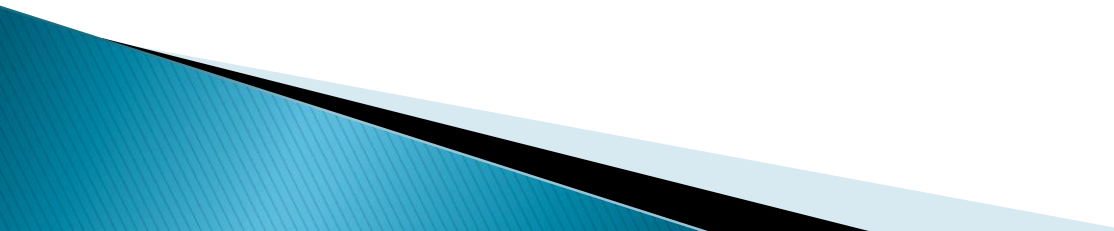
3. Problem Solving

1. Show sincere empathy.
2. Ask, “What are you going to do?”
3. Ask, “Do you want to hear what some other kids have tried?”
4. Brainstorm ideas:
Say, “Some kids have tried _____.”
After each idea ask, “And how do you think that will work?”
5. Say, “Good luck with that; let me know how it works out.”

Practice with a partner

Role play a problem as a parent and a child.

Ideas:

- Homework not done
 - Forgot lunch for school
 - Problem with a friend
 - Chores not done
 - Poor grades
 - Other
- 

4. Handling Anger

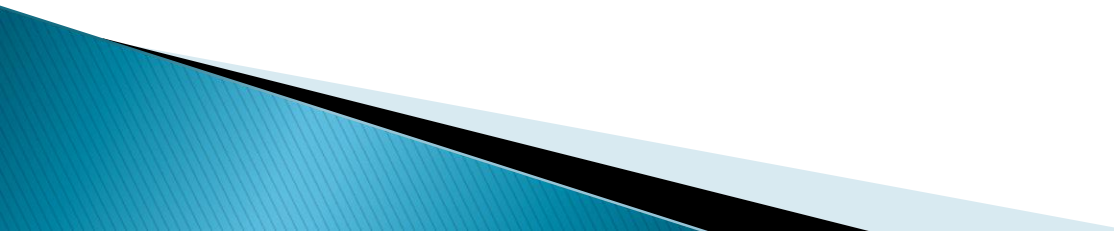
“I’m happy to listen when your voice is as calm (respectful) as mine...”

“I’m angry. I need time to cool off and think. I will do something about this-- but not right now.”

Conclusion



The Four Critical Needs

1. **Security**
 2. **Unconditional love & affection**
 3. **Belonging**
 4. **Healthy amount of control**
- 

**Don't handicap your children by
making their lives easy."**

Robert A. Heinlein

**“If you want children to keep their feet
on the ground, put some responsibility
on their shoulders.”**

Abigail Van Buren



**“To be in your children’s memories tomorrow,
you have to be in their lives today”**

Anonymous



Thank you for your participation!

Questions?

The Great Body Shop

