

# THE BASICS IN CHILDHOOD

HERE ARE SOME IDEAS ABOUT THE 3 BOTTOM LINES FOR HEALTHY PERSONAL DEVELOPMENT. ADD YOUR IDEAS TO THESE BASIC REQUIREMENTS THAT ARE NECESSARY TO FOSTER A HEALTHY, HAPPY, PERSON

## 1. HEALTH & SAFETY (BASIC PHYSICAL SURVIVAL) (I AM OK)

- |                 |     |                                                             |
|-----------------|-----|-------------------------------------------------------------|
| 1. PHYSICAL     | NO  | DON'T HIT – THAT GENERATES FEAR NOT UNDERSTANDING           |
|                 | YES | LOVING TOUCH – SUPPORTIVE HUGS – CAREFUL RESTRAINT          |
| 2. EMOTIONAL    | NO  | DON'T DEFINE FEELINGS AS BAD, LESS THAN OR NOT HAVING VALUE |
|                 | YES | LISTEN TO ALL FEELINGS, EXPLORE THEIR MEANINGS              |
| 3. INTELLECTUAL | NO  | DON'T IGNORE OR PUT DOWN IDEAS, CURIOSITY, INTEREST         |
|                 | YES | ENCOURAGE EXPLORATION OF SIMILARITIES & DIFFERENCES         |
| 4. SOCIAL       | NO  | DON'T EXPOSE TO DANGEROUS AND FEARFUL SOCIAL SITUATIONS     |
|                 | YES | EXPOSE TO A VARIETY OF HEALTHY SOCIAL LEARNING SITUATIONS   |
| 5. SPIRITUAL    | NO  | DON'T PUNISH BY ARBITRARY ISOLATION, SHUNNING               |
|                 | YES | EXPLAIN TIME-OUTS AS A CALMING DOWN TIME FOR SELF-CONTROL   |

## 2. DIGNITY (BASIC EMOTIONAL SURVIVAL) (YOU ARE OK)

- |                 |     |                                                                 |
|-----------------|-----|-----------------------------------------------------------------|
| 1. PHYSICAL     | NO  | DON'T DRESS IN INAPPROPRIATE CLOTHING                           |
|                 | YES | LET A CHILD HAVE SOME SAY IN PICKING OUT THEIR CLOTHES          |
| 2. EMOTIONAL    | NO  | NAME CALLING – BLAMING – SHAMING                                |
|                 | YES | PAY ATTENTION TO THE PROBLEM – DON'T PUT DOWN THE PERSON        |
| 3. INTELLECTUAL | NO  | NAMES FOR IDEAS – NO "LAZY-CRAZY-DUMB-SICK-BAD-STUPID-SILLY"    |
|                 | YES | BE CURIOUS ABOUT THEIR FRAME OF REFERENCE, THEIR INTERESTS      |
| 4. SOCIAL       | NO  | NO EMBARRASSMENT, SHAMING IN PUBLIC OR WITH THEIR FRIENDS       |
|                 | YES | PUBLIC PRAISE, PRIVATE CORRECTION, DON'T CRITICIZE EITHER PLACE |
| 5. SPIRITUAL    | NO  | DO NOT REQUIRE BLIND UNQUESTIONING OBEDIENCE TO AUTHORITY       |
|                 | YES | TEACH CHILDREN THE THOUGHTFUL QUESTIONING OF AUTHORITY          |

## 3. AGREEMENTS (BASIC SOCIAL SURVIVAL) (WE ARE OK)

- |                 |     |                                                               |
|-----------------|-----|---------------------------------------------------------------|
| 1. PHYSICAL     | NO  | "UNSUPERVISED PLAY ACTIVITIES – SWINGS – MONKEY BARS – BIKES" |
|                 | YES | TEACH AND BE A MODEL FOR AGREEMENT TO SAFETY RULES            |
| 2. EMOTIONAL    | NO  | "TELL ME HOW YOU FEEL – I WON'T GET MAD", THEN GET MAD        |
|                 | YES | LISTEN WITH INTEGRITY – DO AS YOU SAY, SEE THE BIG PICTURE    |
| 3. INTELLECTUAL | NO  | "TELL ME THE TRUTH - I WON'T HURT YOU", THEN GET ABUSIVE      |
|                 | YES | DISCUSS IDEAS, DIFFERENCES, SIMILARITIES, PROBLEMS, SOLUTIONS |
| 4. SOCIAL       | NO  | "I WILL CALL IF I AM GOING TO BE LATE", THEN FORGET TO CALL   |
|                 | YES | MAKE AGREEMENTS WITH INTEGRITY – KEEP YOUR WORD - BUILD TRUST |
| 5. SPIRITUAL    | NO  | MY SPIRITUAL BELIEF IS BETTER THAN YOUR SPIRITUAL BELIEF"     |
|                 | YES | RECOGNIZE THAT THERE ARE MANY SPIRITUAL TRUTHS IN LIFE        |



OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING  
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.