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.