

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)

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| 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)

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| 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)

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| 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.