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
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.
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.
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  "No" to Preteens  Adolescence  Adults

love  love  love  love

safety  safety  safety  consulting

food  food  food

belonging  belonging  

education  education  

values  values  

limits  limits  

limits  independence
“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
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.

Love & Logic
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
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

Love & Logic
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
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

Birth

Freedom & Responsibility

Boundaries/Limitations

Adulthood
A Healthy Balance

(controls) (love & belonging) (controls)
Choices Relationship Limits

Respect
(Security)

Kim Fanter
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 __________________________.”

Love and Logic
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
“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