



## CHILDREN NEED

### *Appreciation*

*For all they bring to our lives*

### *Balance*

*Somewhere between too little and too much*

### *Commitment*

*It's the little things we do each day that matter*

### *Dreams*

*To touch the future*

### *Empathy*

*Remember what it was like to be a child*

### *Family and Friends*

*Everyone needs someone to love*

### *Guidance*

*Actions speak louder than words*

### *Healthy Habits*

*To nurture body, mind and spirit*

### *Inspiration*

*To explore beauty, wonder and mystery*

### *Joy*

*Sprinkle laughter and happiness daily*

### *Kindness*

*To learn to care for others*

### *Limits*

*Set boundaries and consequences together*

### *Mentors*

*To give wings to their aspirations*

### *Nature*

*To delight in rainbows and butterflies*

### *Opportunities*

*To build self esteem and confidence*

### *Play*

*The 'work' of childhood*

### *Quiet Time*

*To recharge their batteries*

### *Responsibilities*

*To build self esteem and confidence*

### *Security*

*Feeling safe is essential for growth*

### *Traditions*

*Keep the family tree alive*

### *Unconditional Love*

*For who they are, not for what they do*

### *Values*

*Live yours and help them find theirs*

### *Words of Encouragement*

*You can do it~ I believe in you*

### *XOXOXOXOXOXOX'S*

*Hug and kiss them each and every day*

### *You*

*Your presence rather than your presents*

### *ZZZZZZZZZZZ*

*A good night's sleep*