

**FOUR BASIC
EMOTIONAL NEEDS**

1. To feel that they belong
2. To feel capable
3. To feel that they count
4. To feel that they have the courage to get up and try again when things go wrong

**WHEN NEEDS NOT
MET THEY WILL
RESPOND**

If overlooked and left out, they'll resort to attention seeking.
If they feel incompetent, they'll play power games.
If they feel belittled and undervalued they'll seek revenge.
If their courage fails them they'll withdraw and avoid challenges

**SEE HOW THEIR
BEHAVIOUR MAKES
YOU FEEL**

If you feel angry - it's probably because your child is playing power games.
If it makes you want to get even, they may be seeking revenge.
If it makes you feel hopeless and exasperated they may have lost their courage.

SOLUTIONS

Do nothing and they might have a chance to work it out.
Children need to know that they can tell people that they are really upset - if they can do this with support they can learn to take responsibility for their emotions.

*From A Parent's Guide to understanding children and
Motivating Children by Amy Iew and Betty Lou Bettner*