SEE ME, HEAR ME
ASK ME HOW I AM.

Be interested in me.
I want to be seen and heard.
TELL ME THAT I AM IMPORTANT TO YOU.

Say it often, every day.
Let's do things together.

Simple everyday things.
Encourage me to try things on my own. Even if I am unsuccessful, let me try.
ASSURE ME THAT YOU WILL NEVER ABANDON ME.

Even when I am stubborn, or try your patience.
TELL ME THAT I AM GREAT JUST THE WAY I AM.

Appreciate me as I am.
COMFORT ME IF I AM IN A BAD MOOD.

Hug me and tell me that worries come and go.
Give me affection, closeness and time.
Act like a child for a moment.
Let’s laugh and joke together.
Help me identify my own strengths, and remind me of my achievements.
Every parent wishes that their child could be happy and flourish, even during life’s challenges.

With the help of simple everyday techniques we can support a child’s development and psychological wellbeing. Simple actions that can sometimes feel small and insignificant are resources that children may carry with them into adulthood.

P.S. Don’t forget to look after your own needs an wellbeing too, won’t you?