



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.

LET ME TRY.

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.

BE SILLY  
AND PLAYFUL  
WITH ME.

Act like a child for a moment.  
Let's laugh and joke together.

ENCOURAGE,  
PRAISE AND  
THANK ME.

Help me identify my own strengths, and remind me of my achievements.

# WILL MY CHILD BE HAPPY?

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 and wellbeing too, won't you?

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