

## Children's Needs

To go about the business of growing up

- Develop a healthy sense of self and others
- Brain development
- Physical development

To be supported in their participation in school and activities

- Have proper rest and routines to get through their busy days
- Have the mental resources to focus on what is important in their lives

To love and be loved by both parents

- To feel free without guilt to engage in a loving relationship with both of their parents
- To move from one parent's care to another without distress
- To have contact with both parents as needed
- To share their successes, joys & sorrows with both parents

To be taken care of

- To know what their routines are
- To know how their daily needs will be met

## To play and have fun

- Play is integral to a child's development
- Joy is an important part of emotional and physical health

## To not be burdened by adult concerns or needs

- Parents are responsible for children, not the other way around
- Children should not be burdened by their parents' problems
- Children should not feel as if they need to take care of either of their parents
- Children should not feel that it is their job to make their parents happy

*“Children’s emotional experience, how they feel about themselves and the world around them, has a tremendous impact on their growth and development. It’s the foundation on which all learning, memory, health and well-being are based. When that emotional structure is not stable and positive for a child, no other developmental process within them will function fully.”*

Joseph Chilton Pearce