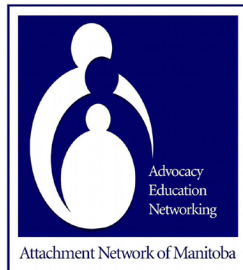


"A child who knows she
is loved can step into the
world with confidence!"



10 Things **YOUR** SCHOOL AGE **CHILD** Wants You To Know

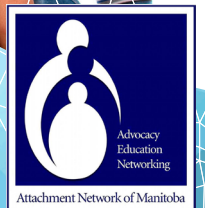


ATTACHMENT NETWORK OF MANITOBA

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**FOR MORE INFORMATION ON
ATTACHMENT VISIT:**

circleofsecurity.net





1 I need to explore and practice becoming more independent.

When it's safe, I'll be okay walking to nearby places on my own, going on a sleepover or to summer camp. When you have confidence in me, I feel good about myself and can develop new skills.

2 I appreciate that you understand my need to be 'me'.

I love that you come and watch my dance recitals even though you like soccer better! Celebrate that I am unique and may not be exactly like anyone else in my family or other kids in my class.

3 I need some down time. Planned activities and electronics are fun, but I need some unstructured, unscheduled time with no electronic stimulation in order for my brain to develop in the best way possible. Too much screen time means no rest for my brain. Encourage me to play actively so that my brain and body will be healthy.

4 Let's keep our relationship strong.

Even as I spend more time with my friends, I still need to have time with you to do fun things, talk and make memories together.

5 I'm still learning how to behave.

If I make a mistake with my behaviour, I need you to reassure me that our relationship is okay and then help me understand what went wrong. I need to know that I can come to you without being judged and that I have your support to make a better decision next time.

6 Help me cope with stress. Although stress is normal, I need your help to deal with stressful times. Help me organize my thoughts and feelings about the world and cope with things that worry me or make me feel sad.

7 Set reasonable limits for me. I like having input about rules and things, but deep down I like knowing that you can take charge when I need you to.

8 Show me that you are happy to see me at the end of the day. Sometimes a few minutes together with you will fill up my emotional tank! I need to know that my family accepts and loves me no matter what.

9 Make our home a safe place.

Protect me from things I can't handle. Pay attention to what I am doing on the internet, what I watch on TV and who I spend time with. Help me figure out what is safe and appropriate for my age.

10 I still need hugs! I may be too old to climb on your lap, but I still need physical closeness and comfort.

