



FEELINGS: Needs and Wishes

Let us learn the difference between needs and wishes. We cannot substitute a need with another one because all needs are authentic and equally important. For example, our need for food cannot be substituted with our need for rest. Wishes stem from our needs and can be replaced. For example, if a child wishes to have new jeans, we should check what the real need behind that wish is: to have warm clothes, to look good so that others pay attention to them, to be accepted by their peers, etc. If we understand the real need we can change the wish in the best way for them, and for us. If you do not see the reason why you should fulfill your children's wishes ask them **why** they wish something before you say "no". If you show them that you respect their needs, it will be easier to find the solutions for different situations. Talking about wishes and needs in the family helps all sides to build trust and intimacy. During such conversations do not forget to mention your own needs!

Make a list of your family's needs and wishes

When you make your common list, separate your needs from wants and wishes. Define what is essential and what is changeable.

- *Allow everyone to say what they need or wish, without judgment or critical thinking.*
- *Try to shorten the list together, bringing it down to the essential needs.*
- *Mark all the needs that are not entirely fulfilled in your family.*
- *Discuss how you can help each other to fulfill your important needs.*



What do YOU need to do with your child?

Talk
Imagine
Collect tiny items
Make experiments
Build something

Play
Cook
Draw
Sing
Dance

Read
Laugh
Tell stories
Hug
Walk