

Chaplain's Spot

12 things children wish their parents knew



Dear Mom and Dad,

1. I need to know for sure that you love me. When you tell me you love me, I feel secure. When you show me you love me, I grow confident.

2. You are the foundation of my life. I want to please you and make you proud. Please give me positive feedback often. It makes me feel good.

3. I love it when you make time for us to spend together. You can make me feel special in so many ways - go out for pizza, hug on the couch.

4. I need you to listen to me. When I come home, please listen in an open, nonjudgmental way. I need you to empathize with me and support me.

5. When you yell at me, my world falls apart. I feel scared. My only thought is "I want this to stop." I can't learn anything, I'm so frightened.

6. I watch how you treat each other. When you argue, I worry that something scary might happen. When you respect each other, I learn to respect. When you resolve conflict in a friendly way, I learn too.

7. Don't confuse me. Am I a treasure or a burden? Sometimes you say you love me, and sometimes you say I drive you crazy. Then I wonder if you are happy I was born.

8. Be patient with me. Of course I'm imperfect! I need to learn and grow. Please reinforce the good in me. Show me, in a loving way, how to act. Please be patient and remain the adult in this relationship.

9. Please never put me down or call me names. When you do, I believe you! If you call me, stupid . . . I might grow up to fit exactly that description.

10. Make me feel safe enough to make mistakes. Please don't get upset when I accidentally spill/break something. Then I won't grow to be a perfectionist, afraid to make mistakes. We all do.

11. I need consistency in my world. When you always enforce the same rules, life is more predictable. I feel safer knowing there is an adult taking care of me.

12. You can demand from me only what you do yourself. I'm constantly observing you and absorbing from you, so if you show me love and kindness, I'll want to be like you.

I might not always do as you say, but most likely I'll say as you say and I'll do as you do.

Love, Your child

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Quote of the week: "Children are likely to live up to what you believe of them."
— Lady Bird Johnson, Former First Lady of the USA

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