

Tips Shared by Seven Oaks School Division School Social Workers

10 Things Your School Age Child Wants you to Know

I need to explore and practice becoming more independent.

When you have confidence in me, I feel good about myself and can develop new skills.

I appreciate that you understand my need to be “me.”

I love that you celebrate that I am unique and may not be exactly like anyone else in my family or other kids in my class.

I need some down time.

I enjoy all my activities but I need some unstructured, unscheduled time in order for my brain to develop. Too much screen time means no rest for my brain.

Let's keep our relationship strong.

Even though I spend more time with my friends, I still need to have time with you.

I'm still learning how to behave.

If I make a mistake with my behavior, I need you to reassure me that our relationship is okay and then help me understand what went wrong.

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 the things that worry me or make me feel sad.

Set reasonable limits for me.

I like having input about rules but deep down I like knowing that you can take charge when I need you to.

Show me that you are happy to see me at the end of the day.

I need to know that my family accepts and loves me no matter what.

Make our home a safe place.

Protect me from things I cannot handle. Help me figure out what is safe and appropriate for my age.

I still need hugs!

I still need physical closeness and comfort!

-Adapted from the Attachment Network of Manitoba pamphlet “10 Things Your School Age Child Wants You To Know”

www.attachmentnetwork.ca

-For more information on Attachment visit
www.circleofsecurityinternational.com

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Every time you think of calling a kid 'attention-seeking' this year, consider changing it to 'connection-seeking' and see how your perspective changes.

— **Dr. Jody Carrington**

PSYCHOLOGIST

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