

Top 10 Things Children Want Adults to Know:

01

I'm good inside + need you to acknowledge that

Please don't shame me or correct me all the time.
I'm not *trying* to be manipulative, difficult or disobedient.
I do well if I *can*...not if I *want* to. I am doing my best.

02

Have more patience with me

I know I mess up a lot. I'm learning.
My brain isn't fully developed yet.
I need your empathy, not frustration.

03

Laugh with me more

Please stop being so serious and lecturing.
I tune out anyway when you go into monologue-mode.

04

I love it when you're silly and playful

Even if I cringe and roll my eyes.

05

I love spending time with you

Even if I act like I don't like you - I always want you to *try* to spend time with me and offer to hug me. Don't take my rejections so personally. I'm just trying to figure myself out.

06

Trust me and my choices more

Everything you call a 'mistake' was something I needed to do.
Allow me to make my own meaning out of my experiences.
Stop projecting your fears, insecurities and doubts onto me.
All I want to hear is: 'you're a smart kid and I know you'll work it out. I have your back. How can I help?'

07

Encourage me

Encourage me to advocate for myself.
Encourage me to pursue what lights me up.
Encourage me to follow my heart and listen to my gut.

08

Please don't rule my life through force

Please don't impose your will.
Please don't rule my life through intimidation.
Please don't rule my life through manipulation and coercion.

09

Guide me, instead of control me

Lead me and guide me via your influence and close connection... not rigid control and power.

10

When YOU believe in me, it's easier to do myself

Believe in me. This is MY life to live... not yours. I need to learn some stuff on my own, and maybe even the hard way. Let me. Trust me enough to navigate this life.