

THE EMOTIONAL CUP

Imagine that every child has a cup that needs to be filled -- with affection, love, security, and attention. Some seem to have a full cup most of the time, or know good ways to get a refill. But most children get a little nervous when their cup gets near empty.

Some ways that children deal with having an empty cup:

- steal from other people's cups
- misbehave to get your attention and show that they need a refill
- seem to have bottomless cups, or need constant 'topping off'
- can't sit still for refills or actively refuse them
- bounce off the walls when they approach 'empty'
- think they have to fight or compete for every refill

What fills a child's cup:

- play
- friendship
- one-on-one time
- love and affection
- connection
- succeeding
- doing what they love to do or what they choose to do



What empties the cup:

- stress and strain
- rejection by peers
- loneliness and isolation
- yelling and punishment
- failing
- fatigue
- doing what they're forced to do or they hate to do

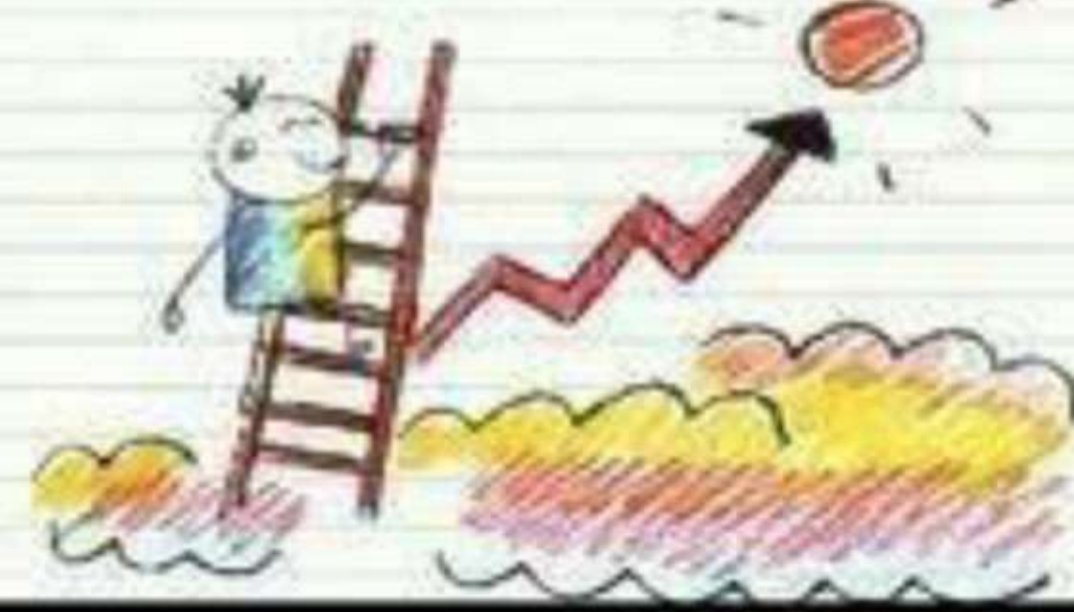
9 Things You Should Say To Your Kids Every Day



1. "I love you."
Say it to them as often as you like. <3



2. "I like it when you..."
Talk about positive aspects of their behavior.



3. "You make me happy."
This makes them feel valuable.



4. "I'm proud of you."
They need to hear their doing a good job, even when it's hard.



5. "You are special."
Let them know their uniqueness is a strength.



6. "I trust you."
Building a foundation of trust raises an honest person.



7. "I believe in you."
Teach them how valuable they are.



8. "I know you can do this!"
Encourage them to never give up.



9. "I am grateful for you."
Be specific, this can really make their day!

