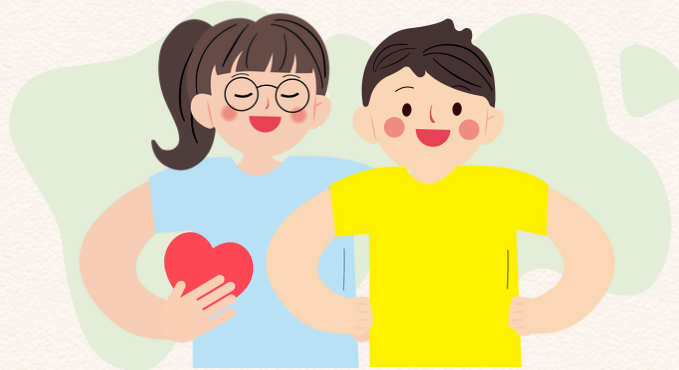


What are the basic rights and needs of children?

Ms Constance Yeung

When parents are busy with daily life, caring for children, and assisting them in "catching up" with schoolwork and grades, we must not forget the ultimate goal of raising children. Regardless of a child's aptitude, physical condition, or inherent personality, with appropriate nurturing, children can achieve the following goals:

1. Sincerity
2. Generosity
3. Caring for others
4. Respecting others
5. Responsibility
6. Being approachable
7. Comprehensive moral development



How can we help children achieve these developmental goals?

The first step is to balance the following six basic rights and needs of children during the nurturing process (Tim Ryan, PH.D.):

1. **To be loved:** Children are unique; every child is precious, important, and deserves recognition. Avoid comparing children with others and provide them with unconditional closeness and hugs.
2. **To be appreciated:** Discover the child's unique strengths and qualities, and encourage and praise them.
3. **To be protected:** We must not only protect the physical safety and health of children but also their mental health and self-esteem. Therefore, we should avoid using threatening or critical language and instead use understanding, support, and encouraging words so that children can grow up in a safe environment where they feel accepted, understood, and trusted.
4. **A sense of belonging:** Affirm the child's importance and status in the home and provide opportunities for participation, such as planning a birthday party or trip together; give them a space like a bulletin board to design; or let them be responsible for planting a flower or taking care of a pet, helping them learn to take on responsibilities.
5. **The freedom to choose:** Provide children with space to express their creativity, allowing them to naturally express and explore their ideas.
6. **To have limits:** Collaborate to establish family rules and reasonable boundaries, such as not sacrificing sleep time for gaming and letting children face the consequences of their actions, thereby building integrity.

No matter how busy parents are or how great the pressure of homework may be, please do not forget these needs of children and the initial intentions and ultimate goals of nurturing them. By focusing on these fundamental aspects, children will bear fruit in the future.

