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## All They Really Need: Trusting the Wisdom of Nature to Raise Resilient Kids

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# MEETING NEEDS

Once you've worked through the BASIC process of noticing the experience of a tricky situation (see chapter 1 downloads for that), try and identify what needs are not being met (do an internet search for "needs list" for some inspiration, or visit [https://www.nonviolentcommunication.com/wp-content/uploads/2019/07/feelings\\_needs.pdf](https://www.nonviolentcommunication.com/wp-content/uploads/2019/07/feelings_needs.pdf)).

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The next step is to ask for that need to be filled. That request can be made of yourself (go have a rest!), or someone else.

Try the following script:

- When (describe situation):
- I feel/think/notice (describe what came up in your BASIC observations):
- Because I need (name the need):
- Are you willing to (make a request)?

Write it down and practice saying it aloud:

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It is often helpful to give a child a choice: Would you rather do this, or that (to meet this need)?

You may also find that setting a clear boundary is important: I need you to stop (name the behaviour).

You can also help your child (or anyone else) do this by asking questions:

- Let me see if I understand: When (describe situation), you thought/felt/acted (OR I'm *guessing* you thought/felt/acted). Is that right? Do you want to correct anything?
- Do you need (OR I'm *guessing* you need)?
- Would you like us to (OR how about we):