

*People who have had their emotional needs met are equipped to handle problems in a constructive and productive way.*

The chart below displays the needs of your child in three main areas: *physical, cognitive, and emotional*.

Physical	Cognitive	Emotional
Food	Education	Unconditional Love
Water	Language	Nurture
Shelter	Reading	Security
Clothes	Socialization	Acceptance
Medical Care	Stimulation	Boundaries
	Music	Praise
	Exploration	Affection
		Allowed to be a child
		Emotional safety
		Healthy discipline
		Affirmation
		Respect
		Predictability
		Able to share emotions
		Response to emotional needs

We have three columns that indicate what a child needs as she grows into adulthood. The first is **Physical care**. A child must have their physical needs met to grow up healthy. These include healthy food, water, shelter, clothes and medical care.

The second column is **Cognitive**. This is the part of a person that prepares her to be able to get a job, read and process what she read, problem solve and a host of other things that make up a mature adult.

The final column is **Emotional**. These things are necessary to become an emotionally mature adult. They are also what gives a person stability, self confidence and the ability to have compassion for others.

## The Emotional Need - Unconditional Love

**Unconditional love** means that your love is constant and not withheld if you are upset or angry with the child. This is the first and most important emotional need to be met. The child comes to understand the meaning of love based on how you show your love to him. They also come to understand that they are lovable based on the same. *Unconditional love is always there, always given freely, even when you think your child doesn't deserve it.* Love should never depend on deserving or not deserving it.

## What Does Unconditional Love Look Like?

When you discipline a child, it is important that the words, “I love you” are said. Phrases like, “I love you too much to let you act like this without consequences” or “I love you but I don’t love how you are acting. Your consequences are...” If you mess up and lash out at your child, which happens to the best of parents, then take some time afterwards when your child is open and receptive and talk about how you love them regardless of what they do.