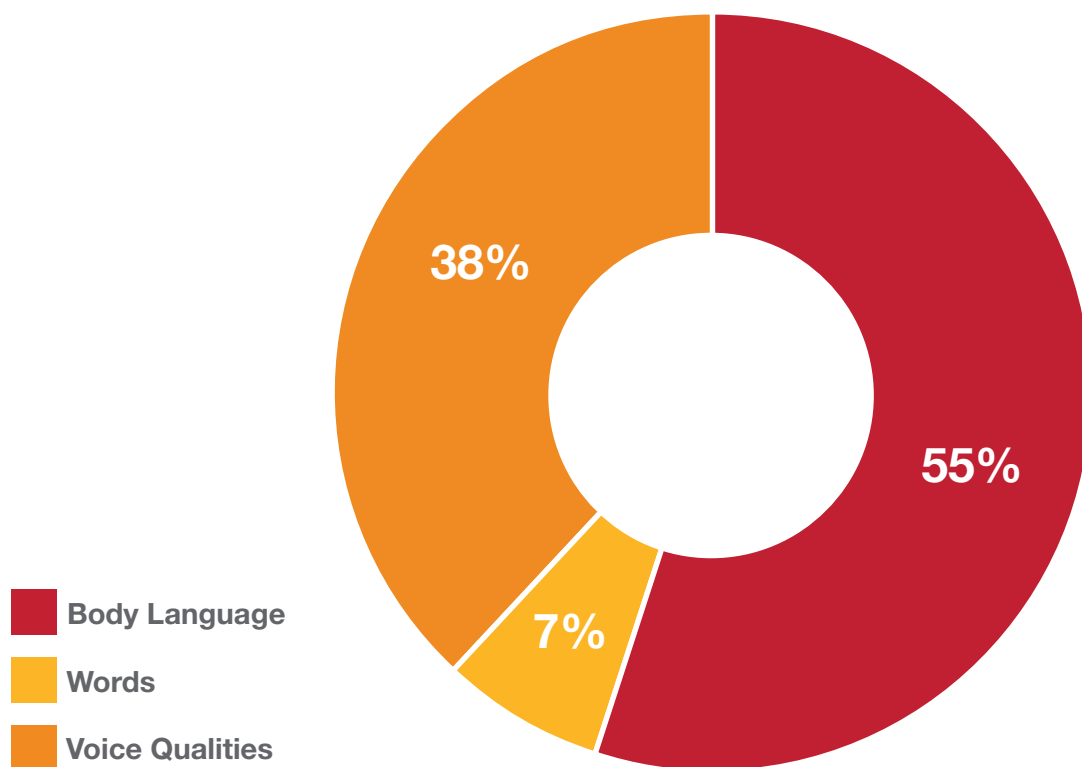


Are we missing anything?



When parents have a new baby they learn about the baby through their body language “cues”. Some examples would be when your baby is tired they might rub their eyes or when their tummy hurts they pull their little knees up to their tummies.

Communication Pie



Somehow when children become verbal, parents forget to use the skill of reading body language and only listen to the words. We are only using 45 percent of the communication pie and missing 55% of opportunities to tune into our children “missing cues”.

Are we putting up communication barriers by not embracing all elements of the communication pie?



Check In



★ 'What has your baby told you about her/himself since we last met?'

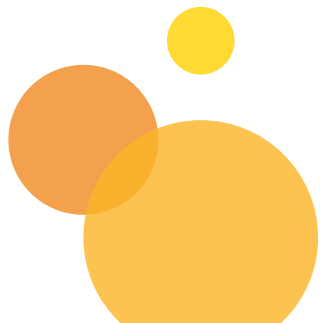
★ 'Has your baby changed in any way that you can tell?'

★ 'Have there been any times when you have felt worried about your baby?'



★ 'Have there been any times that you have felt really close to your baby?'

★ **Extra question for this week:**



The rights of all children & young people



Almost all of the countries in the world came together and agreed that all children and young people have an important set of rights that can never be taken away from them. It does not matter who they are, where they live, what their parents do, what language they speak, what their religion is, whether they are a boy or girl, what their culture is and whether they have a disability.

They all have the right to be loved, be cared for, be safe, have an education and be special. All adults should try their hardest to make sure that children are supported to grow up free from being hurt.



All adults should do what is best for you. When adults make decisions, they should think about how their decisions will affect children.

You have the right to give your opinion, express your view, and for adults to listen and take it seriously.



You have the right to find out things and share what you think with others.

You have the right to live with and be raised by your parents, unless it is harmful for you.



You have the right to practise your own culture, language and religion - or any you choose.



You have the right to your own nationality (to belong to a country).

You have the right to help if you have been hurt, neglected or abused.

You have the right to be protected from being hurt or abused.

You have the right to the best health care possible.



No one is allowed to punish you in a cruel or harmful way.



Your education should help you use and develop your talents and abilities. It should also help you learn to live peacefully, protect the environment and respect other people.



You have the right to protection from work that harms you, and is bad for your health and education. If you work, you have the right to be safe and paid fairly.



You have the right for your personal information to not be given out to anyone without your agreement.



You have the right to special education and care if you have a disability.

You have the right to a good quality education. You should be encouraged to go to school to the highest level you can.

You have the right to special protection and help if you are a refugee (if you have been forced to leave your home and live in another country).



If you live in care or in other situations away from home, you have the right to have these living arrangements looked at regularly to see if they are ok and right for you.

You have the right to food, clothing, a safe place to live and to have your basic needs met. You should be able to do many of the things other children can do.



You have the right to choose your own religion and beliefs. Your parents should help you decide what is right and wrong, and what is best for you.

You have the right to choose your own friends.



All these rights and more are written down in the United Nations Convention on the Rights of the Child.



You have the right to live with a family who cares for you.

You have the right to special care and protection if you cannot live with your parents.



You have the right to play and rest.

You have the right to legal help and fair treatment by police, judges and magistrates.



Pause on Positives



★ My favourite moment with my kids this week was...

★ One way that I stayed in touch with friends this week was...

★ One way I was kind to myself this week was...

One of life's secrets:
Learn to pause
Emerge positive

★ One person who supported me this week that I feel grateful for is...

★ One way I could connect more with my kids next week is...

★ A simple pleasure I could treat myself to next week is...



Chinese symbol for listening



聽 Listen

耳 Ear
眼 Eye
心 Heart
一 One (whole body undivided attention)
王 King

聽

