

When we focus only on the behaviour that we see/hear:

- We **don't provide our children's unmet needs** which are the root cause of the behaviour
- We completely **misunderstand our children** which may bring judgment on our part
- **Behaviours become more alarming** because the child is trying to communicate their need
- We **don't provide our children with the proper tools** to express themselves as best as possible
- We experience **disconnection in our relationship** which causes even more alarming behaviours
- We miss out on **getting to understand** & know our children
- We get **frustrated** because nothing seems to help the situation

There is no such thing as a bad child, only a child with an underdeveloped brain trying **their best to communicate their unmet needs.**



Our child doesn't know how to swim:

- Do we **blame them or help them** with the understanding that they are doing their best in the water?
- Do we feel responsible to **teach them the skills** needed?
- Would our child learn swimming lessons with an instructor **they don't feel loved by** & gets criticized/shamed/blamed for not advancing as they expect them to be?
- Learning how to swim is a **long process** & **age** is also taken in consideration.

If we focus only on the behaviour at this time, it would keep **repeating itself**. We would miss out on the **opportunity to teach** our child how to swim. We also would make them feel like **something is wrong** with them for not knowing how to swim.