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Critical Emotional Needs of Children



Inclusion

A child needs to feel **included**.

Children need to feel they belong, to feel a part of things and connected to other people. That's why kids join clubs, teams and even gangs to satisfy the need to belong.

Feeling **included** happens when:

- People do things together and feel closer to each other.
- Families do activities together that are fun.
- Families have traditions and rituals that are repeated on a regular basis.
- Regular time to talk and share happenings at home and at school.
 - Making conscious decisions to include children in as many choices, discussions & decisions as possible as part of their daily lives.

Children who are very connected to their families are better able to resist outside negative peer pressure.

Children who feel **included** and understood by their family are more likely to accept their parents as positive role models.

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