

FILLING YOUR CHILD'S BUCKET...



Everybody has a bucket. Imagine a child's bucket as being full of love, safety and positive interactions. When the bucket is full, a negative experience may only take a small scoop, having minimal effect on the overall contents. The emptier a child's bucket gets, the bigger the impact those negative experiences will have.

HERE ARE SOME SIMPLE WAYS OF KEEPING YOUR CHILD'S BUCKET AS FULL AS POSSIBLE:

QUALITY TIME:

Spending some one on one time is a great way of filling a child's bucket. Get down on the floor and play a game together, go for a walk, or enjoy some quiet time with stories. Setting aside some time for a special date is also an excellent way of filling a child's bucket.

PRAISE AND ENCOURAGEMENT:

Acknowledging your child's efforts and successes are great ways of filling their bucket and building their self-esteem. "You did such a good job," "You have worked so hard on this" and "I am proud of you," are all examples of ways you can affirm your child.

MAKE THEM FEEL SPECIAL:

Maybe gift them a special flower because it reminded you of them. Or cook them their favourite dinner, just because you can. Going out of your way to make your child feel special will not only fill their bucket, but can strengthen your bond with them as well.

SHOW THEM PHYSICAL AFFECTION:

A cuddle, a kiss, a pat on the head can help make your child feel loved and secure. It's always important to show our tamariki love and affection, but it's especially important to remember to refill our child's buckets after negative experiences. Negative experiences take from the bucket more than positive ones add to it. In fact, its estimated that for every negative experience or interaction, children need between 5-10 positive experiences or interactions to counteract the effects. So, whether they've had a rough day, an argument with a friend or they've recently been disciplined for misbehaviour, these are the times when our tamariki need their buckets filled the most.



REFERENCES:

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