

## 10 THINGS EVERY DAY: PARENT-CHILD CHECKLIST

*by Allison Davis Maxon, L.M.F.T.*

- \_\_\_\_\_ 1. I need you to really listen to me
- \_\_\_\_\_ 2. I need to know I'm important
- \_\_\_\_\_ 3. I need to be touched
- \_\_\_\_\_ 4. I need to feel safe; I need structure
- \_\_\_\_\_ 5. I need choices, so I feel empowered
- \_\_\_\_\_ 6. I need to be claimed by you
- \_\_\_\_\_ 7. I need to play, with you, every day
- \_\_\_\_\_ 8. I need to know mistakes are OK
- \_\_\_\_\_ 9. I need you to nurture my potential
- \_\_\_\_\_ 10. I need you to be my emotional tutor



Pathways to  
Permanence 2

Parenting  
Children  
WHO HAVE  
Experienced  
Trauma  
AND LOSS

Session 5

Creating  
Positive  
Attachments  
Part 2

Parent's  
Toolbox