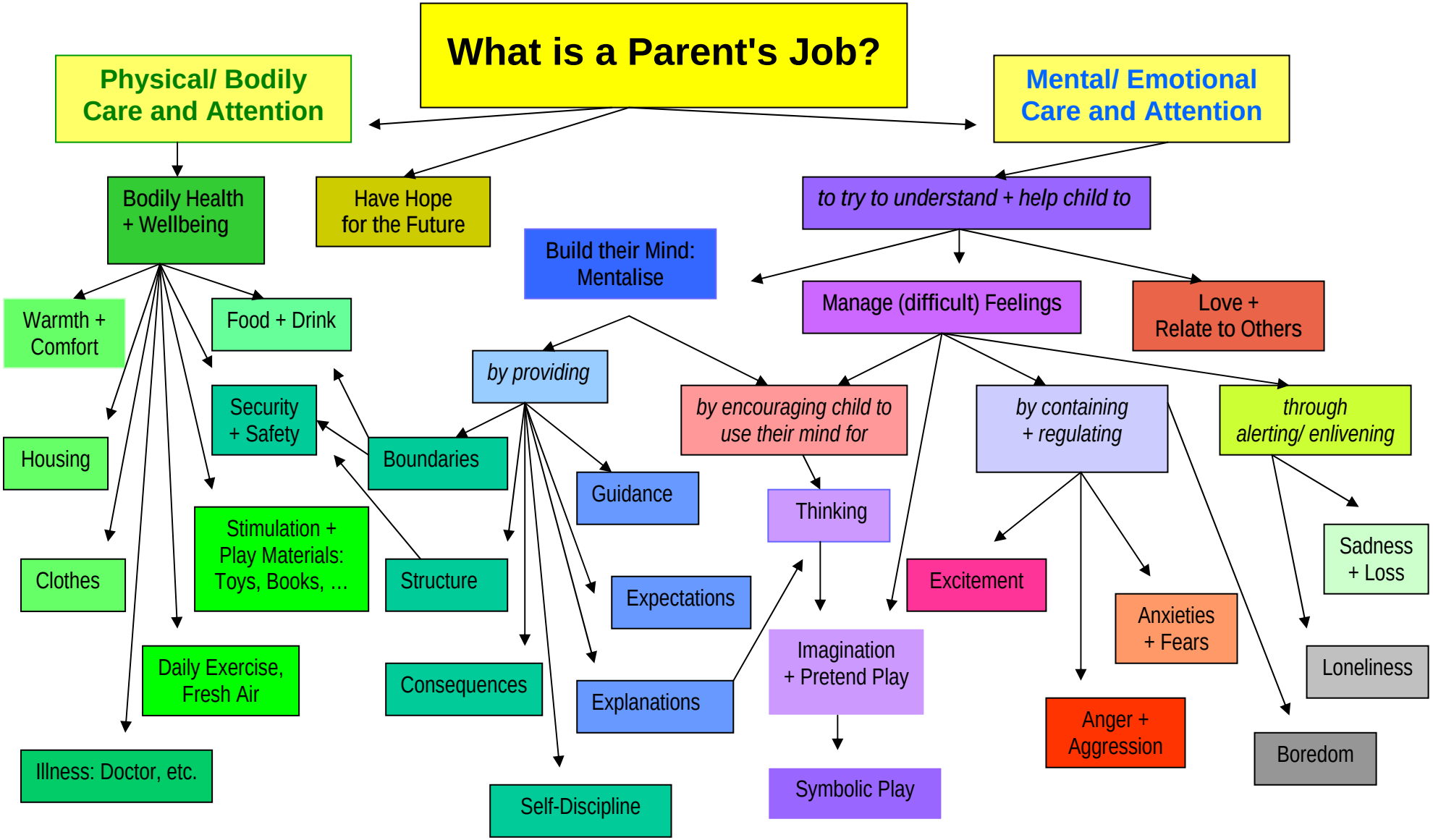
What is a Parent's Job?
Physical/ Bodily Care and Attention
Have Hope for the Future
Mental/ Emotional Care and Attention
Bodily Health + Wellbeing
Warmth + Comfort
Food + Drink
Housing
Security + Safety
Clothes
Stimulation + Play Materials: Toys, Books, …
Daily Exercise, Fresh Air
Illness: Doctor, etc.
Build their Mind: Mentalise
by providing
Boundaries
Structure
Guidance
Expectations
Consequences
Explanations
Self-Discipline
to try to understand + help child to
Manage (difficult) Feelings
Love + Relate to Others
by encouraging child to use their mind for
Thinking
Imagination + Pretend Play
Symbolic Play
by containing + regulating
Excitement
Anxieties + Fears
Anger + Aggression
through alerting/ enlivening
Sadness + Loss
Loneliness
Boredom