



# Parent-Child Seed Digging Exercises

**Goal: Build your child's self-esteem by instilling these "life-saving innate emotional needs" deep inside their hearts.....**

## **STEP 1:**

Write these "7 innate needs statements" down on a sheet of paper....

**I am loved**  
**I am valuable**  
**I am needed**  
**I am accepted**

**I belong and have a purpose**  
**I feel safe**  
**I feel hopeful of the future**  
**No matter how bad it feels, I'm going to get through this**

## **STEP 2:**

Read these aloud to your child. Ask him/her which one they feel they need more of.....

If there are more than 1, then take note of each of them. Then thank them for sharing that with you and let them know that you are going to find ways to help them know just how " \_\_\_\_\_ " (loved, valued, needed, accepted, etc.) they truly are.

## **STEP 3:**

Take that specific innate need that they choose and be intentional and creative. Find 3 ways you can say or show that specific "innate need" to them over the next 3 days.

*Here are some examples:*

- Write a note and place it on their pillow, including that specific "innate need" word. Ex. "You belong in this family. You have such a big purpose, and our family is only complete with you here. Thank you for being YOU. Thank you for making our family complete".
- Choose a song that incorporates this key "innate need" and sing it to them at bedtime. "You are my sunshine" is a great song to reinforce how loved and valuable your child is to you. You can also create a cute or funny song that incorporates the "innate need" that they need more of.
- Go for a walk together; Each time you see something that reinforces that "innate need", point it out. Ex. "Do you see how that beautiful little flower is so perfectly placed beneath that tree? That is how I feel about you. You are so special and unique to me...there's no other who could take your place. You are the most amazing daughter, and we are so grateful that you 'belong' to our family".
- Sit down and color with them; Find a coloring book or download a picture with something that represents that "innate need." Ex. Choose 2 cuddly bears or little kittens hugging each other. Color the photo together and label one as "your child's name" and one as "You". As you color together, tell them all the things that you love and appreciate about them.
- Send your children on a treasure hunt. Make fun little clues that they can follow to the next secret spot. Then at the end, the treasure can be a special letter written to them or a special treat that you can do with them (go for ice cream, go for a walk, watch a cartoon together, schedule a day at the park).