

Needs

Family Friendly Language

Accessible to children and useful for adults.

The following are examples of ways to frame needs in ways that might be more accessible...

AFFECTION	Do you want to be close? Do you want a cuddle?
APPRECIATION	You want to know how we feel about what you did? Would you like to know if what you did was a gift?
AUTHENTICITY	You want to say or do what's really in your heart? You want to share what's true for you?
AUTONOMY	You'd like to choose what to do? (How you feel? What you think? What happens with your body?)
CARE/COMPASSION	Is this really hard for you? You want to know that we care?
CELEBRATION	Would you like to show how happy you feel? Do you want us to join you in celebrating?
COMPETENCE / EFFECTIVENESS	Do you want to be able to do what you want? Do you wish things would turn out more like you plan them? Do you want to be able to make your plans work out?
CONSISTENCY	You want to be able to count on things going a certain way every time? Do you want people to do what they say they'll do?
CONTRIBUTION	Would you like to be able to help? (Contribute?)
COOPERATION	Do you want everyone to work together as a team?
COMPANIONSHIP	Would you like some company?
CREATIVITY	Do you want to feel your power (maybe strength)? Do you want to explore what you are able to create (make)? Do you want to express yourself this way (with music, art, etc.)? Is it really fun to create something from your own imagination?
EQUALITY/FAIRNESS	Do you want everyone to matter? Do you want to know that you matter?
FREEDOM	Do you want to decide by yourself what works for you?
HONESTY	You want to trust that people say what is true for them?
INCLUSION	Would you like to be a part of what's happening?
MATTERING	Do you want to know that you matter?

	Would you like to know that we care about what you need?
MEANING	Would you like to do things that are important to you?
MOURNING	Do you want to show how sad you feel? Are you so, so sad?
MUTUALITY	You want everyone to help one another?
ORDER	You want to find things easily? You want to know what's going on around you?
PARTICIPATION	You want to have a say in what we do? You want to be part of what's going on?
PEACE	Do you want quiet? (Calm? An easy time?)
PLAY	You want to have fun? Do you want to have time without a schedule? Do you want to do just what you feel like doing?
PREDICTABILITY	Would you like to know what to expect?
PURPOSE	You want to know what this is for?
RESPECT	Do you want to be cared about? Do you want to know that your choice is taken seriously? Do you want to know that you matter? Would you like what you want to be included?
SAFETY/SECURITY	Do you want to know that you're going to be ok? Would you like to be safe?
STIMULATION	Are you looking for fun or something new to do? Do you want to have an adventure?

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Adapted from a post by Cybsus 11 Feb 2008 to
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