

Worksheet – Being in a family

Give two examples in each level of how parents or children can contribute to meeting each other's needs and to the needs of the family as a whole.

	Parents'/carers' contributions	Children's contributions
Physical needs Food, water, rest, health		
Security needs A home, stability		
Social needs To be loved, belonging, inclusion		
Emotional needs Self-esteem and recognition		
Creative needs Development of interests and talents		