

Social Media Video May 15 – Parents and Children’s Needs

The 6 areas of human needs can easily be remembered if you think of the acronym “SPICES” – this stands for Social, Physical, Intellectual, Creative, Emotional, and Spiritual. Adults and children all have the same core 6 areas of human needs, but we are different in how much we value certain needs and of course in the unique ways we meet our needs. For example, some people may have a high social need and want to see friends all the time, while others may have a lower social need and only see their friends occasionally, or have a smaller circle of friends.

Social – Our social need can be understood as our need for friendship and our need to be connected to other people

Physical – Our physical needs are the needs we all share for survival – the need for food, shelter, water, sleep, fresh air, etc.

Intellectual – Our intellectual need is our need for new information and learning, this need can be met in a lot of ways, like reading a book, listening to a podcast, watching a documentary, or even having conversations that expand our ways of thinking. Children especially need their brains to be stimulated to develop.

Creative- Our creative need is our need to express our inner selves, this could be through writing, drawing, painting, dancing, or even our clothing and makeup.

Emotional – Our emotional need is our need for love, praise, trust, validation, and acceptance.

Spirituality – Our need for spirituality is not religious, it is our need for acceptance and belonging.

It can be hard to balance meeting your own needs with meeting your children’s needs, but in the more you’re able to meet your own needs, the easier it is to meet your children’s needs without feeling burnt out and drained. Remember that you can always ask for help when you need it, it is a sign of strength to reach out when you’re feeling overwhelmed or stressed. When you’re able to take some time to meet your own needs, it’s easier to be there for your children and support them in getting their needs met as well.