



Don't spoil me by giving me everything I ask of you. With some requests I only put you to the test.

Don't be afraid to act firmly and decisively towards me. It gives me a sense of security.

Don't let me perpetuate bad habits. I trust you to help me deal with them.

Do not act in such a way that makes me feel smaller than I am. I then act foolishly to prove that I am big.

Don't punish me in the presence of others. You convince me most when you speak to me calmly and discreetly.

Don't protect me from the consequences of what I have done. I also need painful experiences.

Don't be too concerned when I say 'I hate you.' It is not you I hate, but the limitations you put in front of me.

Don't worry too much about my little complaints. Think, however, whether they are not a means for me to try to attract your attention, which I need so much.

Don't grumble. I will defend myself by pretending to be deaf.

Don't give me rash promises because I feel very disappointed when you don't keep them later.

Don't overestimate me. It makes me uncomfortable and sometimes forces me to lie so as not to disappoint you.

Don't change your rules of conduct depending on the situation. That makes me feel lost and I lose faith in you.

Don't ignore me when I ask you questions. I will find information elsewhere, but I would like you to be my guide in the world.

Don't say that my fears and my concerns are silly. To me they are very real.

Never even suggest that your qualities are perfection and infallibility. I experience too much shock when I see that this is not the case.

Never think that justifying yourself to me is beneath your dignity. It inspires genuine affection in me.

Do not prohibit me to experiment and make mistakes. Without this, I cannot grow.

Don't forget how quickly I am growing up. It is probably difficult for you to keep up with me, but – please – do your best.

Empowering Children Foundation,
www.fdds.pl

