



RAINBOW OF NEEDS

wellbeing checklist

childosophy™



WELCOME

The Childosophy Wellbeing Checklist helps you identify areas where your child's needs may need more balance.

Children's behaviours hold meaningful insights into their growth. My research of over 25 years links behaviours to foundational needs (aligned with chakras in a rainbow) that, when unmet, create imbalances. If a child faces challenges or physical symptoms like rashes or allergies, these can signal unmet needs.

Imbalances in our children appear as either a deficiency or excess of energy, reflecting the specific unmet need. The parent-child relationship serves as a mirror for unresolved needs. This dynamic opens pathways for mutual healing, facilitating a shared journey toward wholeness.

Use this guide to explore each need, noting those relevant to your child. The ways you support your child's needs will be based on your ability to meet your own needs, needs which may not have been met in your childhood. This guide supports you to grow in awareness about your own needs so that you can support your children in an enhanced way as their parent.

Supporting these foundational needs promotes balanced wellbeing and positive growth.

With love,
Maxine

THE INFORMATION IN THIS GUIDE IS BASED ON THE RESEARCH AND WORK OF DR MAXINE THERESE FOUNDER OF CHILDOSOPHY. SEE THE BACK OF THE GUIDE FOR MORE RESOURCES.



THE NEED TO BE SAFE AND SECURE

1. Soothe me



A balanced Need to be Safe is rooted in physical and emotional security. When children feel safe, they are grounded, present, and trust their surroundings and themselves. This need fosters a deep connection to family, the earth, and their bodies. With strong bonds to at least one family member, children develop resilience and stability. A balanced base chakra helps them feel comfortable in their own skin, promoting good physical health and emotional well-being. When children are secure, they can explore the world with confidence, knowing they have a stable foundation that supports their development and experiences.

THE NEED TO BE SAFE AND SECURE

Does your child experience any of the following?

- Weight / underweight**
- Over-eating / under-eating / malnutrition**
- Lack of physical strength and vitality**
- Tiredness and fatigue**
- Weak immune system**
- Anxiety - restlessness - fearful**
- Disconnected from physical body (ungrounded)**
- Fear of change**

If you ticked some of these, you can **WONDER** what your child might **NEED** to feel connected, secure, safe and grounded. The more you tick, the more this **NEED** becomes a focus for you and your child.



THE NEED TO BE SAFE AND SECURE

Excessive:

Research on parenting highlights that children with excessive energy in this need may exhibit heightened anxiety and clinginess due to overprotection. Overly controlled environments can stifle a child's ability to explore, leading to fear of the unknown and reluctance to take risks. Overly cautious parenting often leads to children who are less resilient and less confident in navigating new challenges.

Deficient:

Studies on childhood development emphasise the critical role of secure attachment in building confidence and trust. When children lack safety and security, they become anxious, fearful, and struggle to form trusting relationships. Research by Bowlby and Ainsworth on attachment theory highlights that children who experience inconsistent caregiving are more likely to develop insecure attachment styles, leading to difficulties in emotional regulation and social interactions.

Tips to BALANCE YOUR CHILD'S Need to be safe and secure

- Base Chakra
- Soothe Me Flower Essences
- Pure Wonder Classes
- The Wonder of You Journal activities
- Grounding exercises
- Nature time / outdoor play
- Spending time with animals
- Spending time with friends / family



THE NEED TO FEEL

2. Free me



When the Need to Feel is balanced, children have healthy emotional expression and regulation. They can recognise and articulate their emotions, leading to emotional intelligence and empathy. This connection to their emotional self allows them to process feelings in a safe space, promoting overall emotional health. Children who feel supported in this need have strong connections with others, trust their instincts, and navigate emotional challenges with resilience. A balanced sacral chakra allows them to experience joy and creativity, while also managing difficult emotions. With this foundation, children can build healthy, meaningful relationships and develop emotional strength.

THE NEED TO FEEL

Does your child experience any of the following?

- Bed wetting**
- Bladder issues**
- Motion sickness**
- Emotional outbursts - reactive**
- Addictive tendencies**
- Tantrums**
- Fussy / impulsive**



If you ticked some of these, you can WONDER what your child might NEED to feel free, creative, and balanced. The more you tick, the more this NEED becomes a focus for you and your child.

THE NEED TO FEEL

Excessive:

Emotional intelligence research shows that children with excessive emotional energy may struggle with emotional regulation, leading to impulsive reactions and difficulty coping with intense emotions. Parenting approaches that over emphasise emotions without guiding children in managing them may lead to heightened sensitivity and volatility.

Deficient:

Deficient emotional energy results in emotional withdrawal or numbness. Studies by Daniel Goleman on emotional intelligence stress the importance of helping children identify and express their feelings. A lack of emotional validation, or an emotionally unavailable caregiver, can lead to children becoming disconnected from their feelings, which may manifest in behavioural problems, difficulty forming relationships, or emotional repression later in life.



Tips to **BALANCE YOUR CHILD'S** **Need to feel**

Sacral Chakra

Free Me Flower Essences

Pure Wonder Classes

The Wonder of You Journal

Emotional Expression - encourage your child to express what makes them happy, sad, or frustrated without needing to justify their feelings.

Playtime Joy - let your child participate in activities that bring them happiness and emotional fulfilment.

THE NEED TO ACT

3. Allow me

A balanced Need to Act empowers children to confidently explore the world and take purposeful actions. This need is about channelling energy into productive activities, cultivating motivation, and building strength. When children are supported in their actions, they feel capable and motivated, developing self-discipline and a sense of accomplishment. A balanced solar plexus chakra fosters independence and resilience, helping them handle challenges with determination. With this foundation, children feel empowered to make choices, take risks, and learn from their experiences. Their balanced sense of agency and confidence enables them to act with purpose and strength as they grow.

THE NEED TO ACT

Does your child experience any of the following?

- ADHD**
- Appetite - lack / excess**
- Bowel - constipation, diarrhoea**
- Stomach aches - gas, digestion, colic, cramps**
- Oppositional Defiance**
- Toilet training issues**
- Temper tantrums**
- Self-esteem issues**

If you ticked some of these you can **WONDER** what your child might **NEED** to feel strong and powerful in their actions and themselves. The more you tick, the more this **NEED** becomes a focus for you and your child.



THE NEED TO ACT

Excessive:

When a child's need to act is excessive, they may be overly assertive, impulsive, or dominant in their actions. Research from Stanford's studies on autonomy development suggests that overly competitive or controlling behaviour can result from parenting styles that push for high achievement or lack of boundaries, which may harm children's long-term self-regulation.

Deficient:

On the other hand, research from self-determination theory (Deci and Ryan) shows that children with a deficient sense of action often experience low motivation and lack autonomy. Encouraging autonomy through supportive parenting helps children develop confidence and willpower, but when this is neglected, children may struggle with decision-making, self-esteem, and goal setting.



Tips to BALANCE YOUR CHILD'S Need to Act

Solar Plexus

Allow Me Flower Essences

Pure Wonder Classes

The Wonder of You Journal activities

Affirmations

Allow your child to be the motivator

FLEXIBILITY- Provide choices where appropriate

THE NEED TO LOVE

When the Need to Love is balanced, children develop a deep sense of connection, compassion, and self-worth. They experience love and give it freely, building strong, supportive relationships with others. This need is about both receiving and expressing love, fostering emotional security and unity. A balanced heart chakra helps children feel accepted and connected, promoting empathy and nurturing relationships. They trust in their ability to love and be loved, feeling safe in their relationships with family and friends. This foundation enables children to form healthy bonds and a strong sense of belonging, building resilience through loving connections.

4. Love me



THE NEED TO LOVE

Excessive:

Research on attachment and relational dynamics suggests that children with excessive energy in this need may develop co-dependency or an inability to self-soothe due to overattachment or smothering relationships. Helicopter parenting, as identified in studies on parental over-involvement, can result in children becoming overly dependent on external validation or unable to set healthy emotional boundaries.

Deficient:

Deficiency in the Need to Love can lead to emotional detachment or difficulties in forming deep connections. Research by Brené Brown on vulnerability and connection emphasises that children who do not experience unconditional love or struggle with emotional neglect may develop low self-worth, distrust of others, and an inability to form close relationships, impacting their long-term social development and emotional health.



Tips to **BALANCE YOUR CHILD'S** **Need to love**

Love Me Flower Essences

Pure Wonder Classes

The Wonder of You Journal activities

Affirmations

Encourage your child to keep a gratitude journal or make 'gratitude beads' to count their blessings daily.

THE NEED TO SPEAK



5. Hear me

A balanced Need to Speak allows children to express themselves authentically and communicate clearly. When this need is fulfilled, children feel heard and understood, fostering a sense of self-worth and individuality. They are confident in speaking their truth and sharing their ideas, leading to healthy relationships and strong self-expression. A balanced throat chakra supports honest communication and helps children feel empowered in their voice. They can articulate their needs, desires, and thoughts without fear of judgement. With this foundation, children develop the confidence to speak up, engage in meaningful conversations, and express their unique perspectives.

THE NEED TO SPEAK

Does your child experience any of the following?

- Gagging**
- Teeth and gums (teething, grinding teeth)**
- Mouth ulcers**
- Thrush**
- Whooping cough**
- Croup**
- Speech issues (stuttering, mutism)**
- Screaming**

If you ticked some of these, you can wonder what your child might **NEED** to feel strong in their words, communicate clearly, and feel listened to. The more you tick, the more this **NEED** becomes a focus for you and your child.



THE NEED TO SPEAK

Excessive:

Communication studies highlight that children with excessive energy in this need may dominate conversations or speak without listening, as their sense of expression overshadows the need for reciprocal communication. Research on family dynamics indicates that children from homes where their voices are overly prioritised, may struggle with understanding others' perspectives and balancing self-expression with empathy.

Deficient:

When children feel unheard, they may suppress their voice, becoming passive or fearful of speaking up. Studies on self-expression and childhood development stress the importance of encouraging children to voice their thoughts, as suppressed communication can lead to internalised stress, low confidence, and difficulty forming strong social connections. Research on trauma-informed care also underscores that children who have not had the space to express themselves often suffer from emotional and psychological challenges

Tips to **BALANCE YOUR CHILD'S** **Need to speak**

Throat Chakra

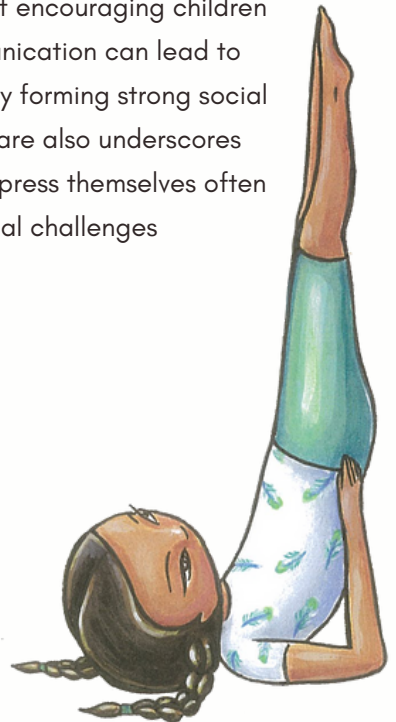
Hear Me Flower Essences

Pure Wonder Classes

The Wonder of You Jurnal activities

Affirmations

Encourage your child to voice their truth, reminding them it's okay if their truth feels different from others.



THE NEED TO SEE



A balanced Need to See helps children develop clear insight and awareness, fostering their ability to understand both themselves and the world around them. This need is about perception — seeing beyond the surface and cultivating inner wisdom. Children with a balanced third eye chakra are intuitive, curious, and open-minded. They trust their inner guidance and are able to make sense of their experiences, fostering insight and clarity. With this foundation, children can develop a strong sense of self-awareness and vision, enabling them to see possibilities, think critically, and approach life with an open heart and mind.

THE NEED TO SEE

Does your child experience any of the following?

- Accident Prone
- Attention Deficit Disorder
- Eye issues (itchy, red, watery, conjunctivitis)
- Sinus issues
- Nail biting
- Ear (ache and disorders)
- Learning challenges
- Nose bleeds
- Nightmares
- Sleep problems

If you ticked some of these, you can WONDER what your child might NEED to feel seen and noticed, and clear with your vision and intentions. The more you tick, the more this need becomes a focus for you and your child.



THE NEED TO SEE

Excessive:

Children with excessive energy in the Need to See may be overly focused on their perceptions or lost in fantasy, which can disconnect them from reality. Research in cognitive development and imaginative play suggests that while creativity is important, an overactive imagination without grounding in reality may lead to escapism, difficulty with critical thinking, and issues distinguishing between imagination and fact.

Deficient:

Deficiency in this need may result in limited insight or lack of awareness.

Cognitive development research highlights that children need opportunities to explore, question, and develop their inner vision.

Deficiency may arise from environments that suppress creativity or discourage exploration. Studies on mindfulness practices with children indicate that encouraging self-reflection and curiosity enhances problem-solving skills, emotional intelligence, and awareness.



Tips to BALANCE YOUR CHILD'S Need to see

See me flower essences
Pure Wonder Classes
The Wonder of You journal activities
Affirmations
Let children lead by designing their
ideal classroom or environment –
their ideas can be incredibly
insightful.

THE NEED TO KNOW

7. Know me

A balanced Need to Know fosters curiosity, intellectual growth, and a deep connection to understanding. Children who feel supported in this need develop a love of learning and an inquisitive nature. They are eager to explore new ideas and concepts, trusting their ability to seek knowledge and understand the world. A balanced crown chakra helps children integrate knowledge with wisdom, promoting a sense of purpose and meaning. This foundation encourages children to ask questions, seek answers, and expand their understanding, cultivating a lifelong love of learning and intellectual growth that aligns with their personal journey and development.



THE NEED TO KNOW

Does your child experience any of the following?

- Fatigue**
- Growing pains (sore muscles & joints)**
- Hair loss**
- Headaches**
- Skin issues (Eczema)**
- Stance and posture**
- Rash**
- Fainting**
- Dizziness**

If you ticked some of these, you can **WONDER** what your child might **NEED** to feel confident in their self knowledge and connected to their highest power and faith.

The more you tick, the more this **NEED** becomes a focus for you and your child.



THE NEED TO KNOW

Excessive:

Children with an excessive Need to Know may become overly intellectual or disconnected from reality, focusing too much on acquiring knowledge without integrating it into practical experiences. Research on educational development warns of intellectualism without emotional balance, which can lead to arrogance or an inability to apply learning in meaningful, real-world ways.

Deficient:

A deficient Need to Know can result in a lack of curiosity and intellectual engagement. Educational psychology research highlights that children thrive when their curiosity is nurtured. Deficiency here may result from environments that discourage questioning or stifle learning. Prominent studies, such as those from Montessori education, show that when children are supported in their quest for knowledge, they develop a love for learning, critical thinking, and deeper engagement with the world around them.

Tips to **BALANCE YOUR CHILD'S** **Need to Know**

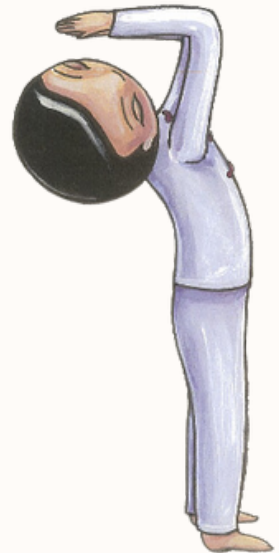
Know Me flower essences

Pure Wonder Classes

The Wonder of You Journal activities

Affirmations

Invite open discussions by asking, 'What did you learn about yourself today?' to show that everything and everyone can be a teacher.



OUR OFFERINGS

For resources to support children's balanced wellbeing and positive growth.

RESOURCES >

For information on Soul Led Parenting,

PARENTING >

For information on Childosophy Practitioner training.

TRAINING >

For information on Pure Wonder Teacher training.

PURE WONDER >

For information on Dr Therese's work and academic publications.

DR THERESE >

To make a booking with a Childosophy practitioner.

BOOKINGS >

To contact Childosophy.

CONTACT >

