

**Don't spoil me. I know quite well that I ought not to have all I ask for, I'm only testing you.**

**Don't be afraid to be firm with me. I prefer it, it makes me feel secure.**

**Don't let me form bad habits. I have to rely on you to detect them in a early stage.**

**Don't make me feel smaller than I am. It only makes me behave stupidly "big"**

**Don't correct me in front of people, if you can help it. I`ll take much more notice if you talk quietly with me in private.**

**Don't make me feel that my mistakes are sins. It upsets my sense of values.**

**Don't protect me from consequences. I need to learn the painful way sometimes.**

**Don't be too upset when I say "I hate you". Sometimes it isn't you I hate but your power over me.**

**Don` t take too much notice of my ailments. Sometimes they get me attention I don't need.**

**Don` t nag. If you do, I shall have to protect myself by being deaf.**

**Don` t forget that I cannot explain myself as well as I should like. That's why I am not always accurate.**

**Don` t put me off when I ask questions. If you do you'll find that I stop asking and seek my information elsewhere.**

**Don` t be inconsistent. That completely confuses me and makes me lose faith in you.**

**Don` t tell me my fears are silly. They are terribly real and you can do much to reassure me if you try to understand.**

**Don` t ever suggest that you are perfect or infallible. It gives me too great a shock when I discover that your neither.**

**Don` t ever think that it is beneath your dignity to apologize to me. An honest apology makes me surprisingly warm towards you.**

**Don` t forget I love experimenting. I couldn't get along without it, so please put up with it.**

**Don` t forget how quickly I am growing up. It must be difficult for you to keep pace with me, but please try to.**

**Don` t forget that I don't thrive without lots of love and understanding, but I don't need to tell you that do I?**

**Please keep yourself fit and healthy. I need you**

**Author unknown**