

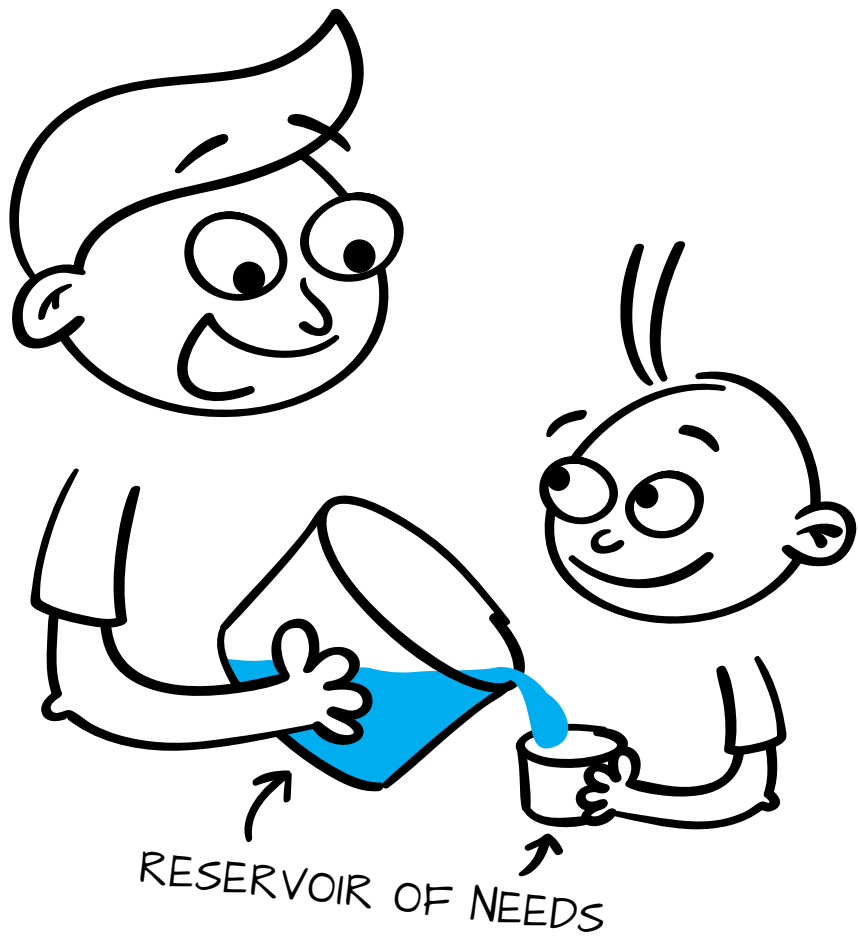


WE ARE IMPORTANT

If you've ever taken a flight, you know that before take-off when the cabin crew is explaining the safety procedures, they highlight very clearly what action to take in the case of an emergency and when and how to use oxygen masks. When flying with a child, the instruction is that we should place the mask over our mouth and nose first, before assisting the child. That is the only way we can ensure that we will stay conscious if the cabin pressure drops.

**For some it might be just one
of the aviation safety regulations.**

For me it is the foundation of parenting.



Zucht

Each of us has something we can call a reservoir of needs. Different people use different names. I have heard of cups, jugs or jars but the fact is that each of us has them. The fuller they are, the happier and more satisfied we are. As they become empty, we start to feel worse.

WE ARE IMPORTANT

Sometimes we are able to fill these reservoirs ourselves, sometimes we need help from others. Especially at times when a situation is so bad we are unable to handle it on our own. As children, we may need help from other people a bit more often, at least until we learn how to fill the reservoirs on our own.

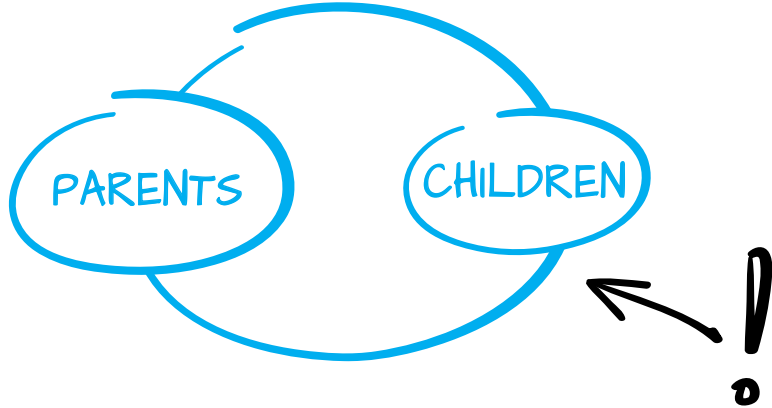
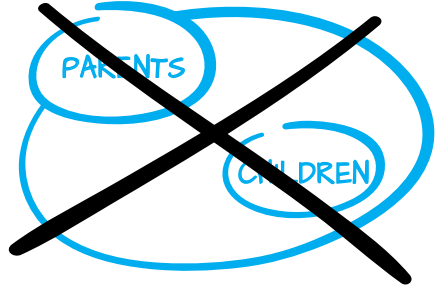
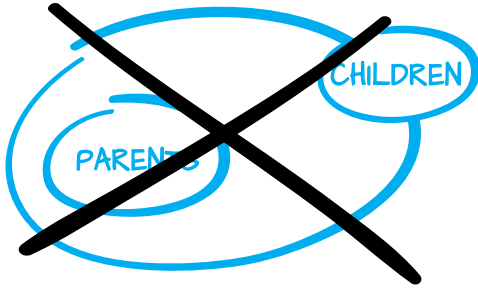
It is incredibly important to remember that, if a parent is using up their last provisions, is nervous, busy, lacks time and is under too much stress, he/she will not be able to help their child, especially when this child faces a problem and comes to its parents asking for help. Parents may even allow both reservoirs to empty more quickly. That is the reason why it is equally important to take care of your own needs, as it is your safety when on board a plane.

**Without it, in both cases,
we will not be able to take
good care of our children.**



*When little people are overwhelmed by big emotions,
it's our job to share our calm, not join their chaos.*

L. R. Knost

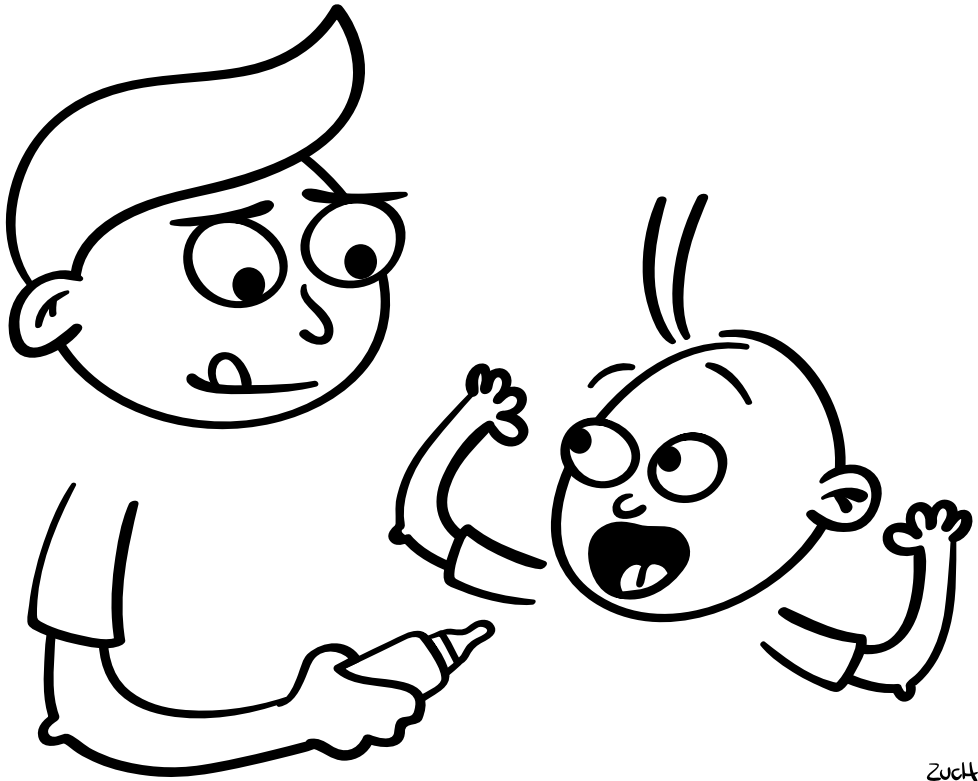


Here I would like to address all fathers reading this book:

**Don't let anybody,
at any stage of your life,
tell you that you are
not good enough to raise a child;
that mum can do it better
because she is more naturally predisposed.
That dad should stay away
and just observe,
simply because he does not have a clue
about it, is clumsy and so on.**

I do understand that parenthood can seem terrifying at first [not only for fathers], but other than breastfeeding, there is nothing fathers can't handle.

If you are scared, ask your partner for help and say that you will not take „no” for an answer.



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