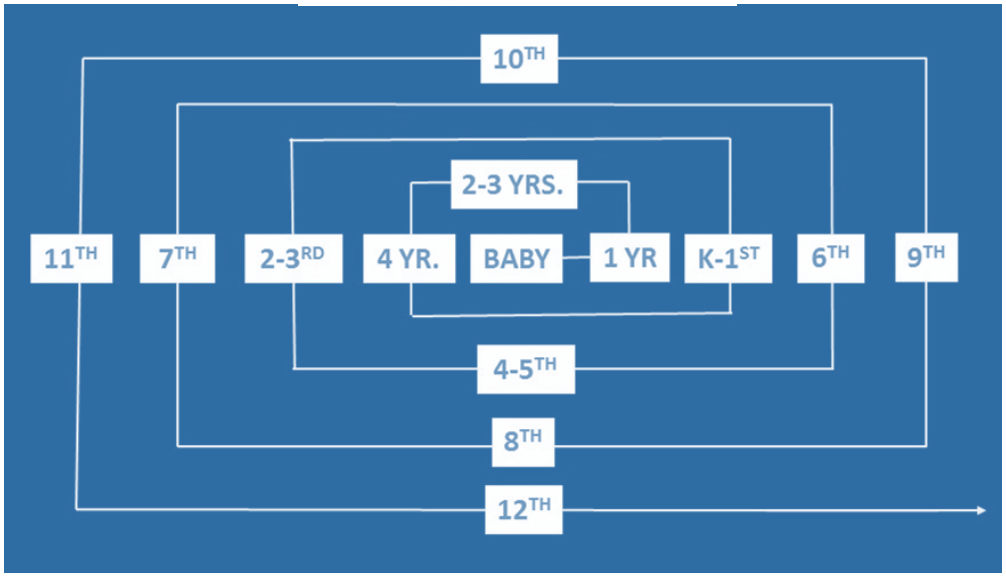
THE VULNERABILITY CYCLE

Knowing the vulnerabilities of your child in their phases can help us prepare for the next as well as embrace where they are.

Independence



Purpose: Over It!

Belonging: 1 year old, K-1st, 6th, & 9th Graders

The years of foundational changes which can bring on insecurities and anxiety. Am I safe? Do I have your attention? Who do I Like (who likes me)? Where do I belong?

Identity: 4 years old, 2-3rd, 7th, & 11th Graders

A sense of belonging and independence ushers in the ability to ask – who am I really? Am I ok? Do I have what it takes? How can I matter?

Independence: 2-3 years old & 10th Graders

The years of trying new things and pushing boundaries for freedoms Am I able? Why should I believe?

Purpose: Over it! 4-5th, 8th & 12th Graders

Restlessness, nervous about next steps but so over the current one!
Do I have friends? Who do I want to be? What's next?