

What Do Kids and Adults Need to Be Successful:

How Can We Help

Audience: Anyone interested in helping children be successful or wanting to be successful
themselves.

Purpose: To educate and inform people about the things kids and people need to be successful.

Alexandra Arnold

Professor Laurie Poikey

Eng131.I19.FAL25

11/11/2025

What Do Kids and Adults Need to Be Successful

The essential thing that children and adults need to be successful is to have all their basic needs met. According to research children tend to do better and have higher chances of being successful when their basic needs are met. Many different individual categories are classified as basic needs. These include physical, emotional, and spiritual, including food, clothes, shelter, and access to mental and physical health services. (*Granger*). Next, it has been found that children can focus better, which in turn can help them succeed when their needs are met, which is also known as having a stable foundation. (*Granger*).

It is important for children's well-being to have positive social interactions in their life, especially when they are young and as they are growing and learning. It has been shown by research that when parents display negative behaviors it can cause negative outcomes in their life. (*Child Experiences: "The Stories That Make the Person"*) It has also been shown by research that children who were malnourished in their first 9-24 months of life made 25% less money than the kids who had parents who played and interacted with them. (*Child Experiences: "The Stories That Make the Person"*) Remember that what you do and do not do with your children helps shape them one way or another.

When parents work high stress jobs they do not take as much time to make connections with their kids, which can be detrimental to a child's development (Heinrich). It is crucial for Parents, older siblings, and guardians working long hours and stressful jobs to make time to spend with

your child or sibling. It can negatively impact your child's wellbeing if you do not spend enough time with them. It is key in the first few months of life that infants get the connections they need to help their brain "blossom". These connections include making faces back, repeating the sounds they make, tummy time, etc. However, not being able to make enough time to spend with your child may directly influence her child's development by her ability to form a bond with her infant that promotes the child's security and attachments (Heinrich).

Aces scores have an impact on how adults act when they are older.

ACEs stands for Adverse Childhood Experiences. ACEs includes children that grow/grew up in a household with someone who was depressed, *(Minnesota Department of Health)* mentally ill, a substance abuser, or has been incarcerated in the system. Other examples of ACEs include children exposed to maltreatment/



(Minnesota Department of Health)

malnourishment, domestic violence, or loss of a parent through separation or death. *(Bellis)* It has been shown that children exposed to the adverse childhood experiences named above are more likely to be or have been related to poor health outcomes including substance use, mental health problems, obesity or other eating disorders, heart disease, cancer, increased risk of unemployment, and continual involvement in violence *(Bellis)*. The chance of risks of poor outcomes increases with the number of adverse childhood experiences a child has experienced, along with the relationship between ACEs and pressure on physical health "the need to look a

certain way” and social systems (the need to act or be seen a certain way due to what society thinks is acceptable). (*Bellis*)

What is trauma and what it can look like in kids and what is Maslow’s

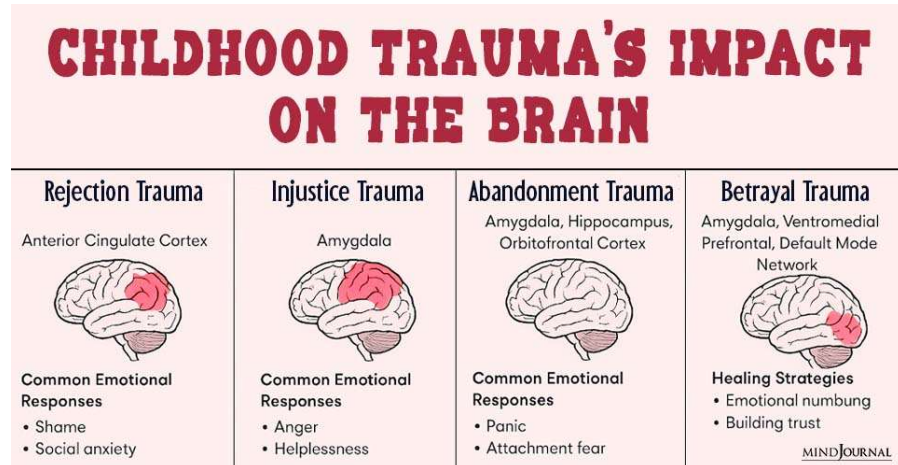
hierarchy of needs. Let’s start with trauma. According to clinical trials trauma refers to “an affliction of the powerless” where the victim “is rendered helpless by overwhelming forces.” This would be considered a

traumatic event that overwhelms the ordinary systems of care

(*Burke*)

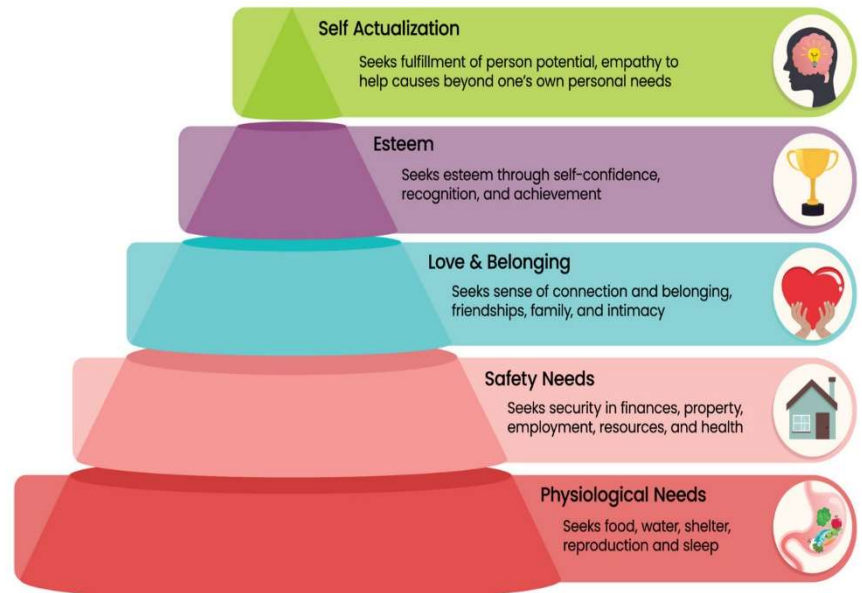
that give people a sense of control, connection, and meaning. (*Sitler*) Some examples of Trauma could be a dog bite, a car accident, natural disaster, Physical, mental, or verbal abuse, the loss of a parent/ family member, or someone close to you, etc. Trauma in kids is often confused with attention deficit hyperactivity disorder (ADHD). They are unable to sit still, complete tasks, communicate appropriately etc. Maslow and the motivation hierarchy help us understand what children need to be successful and how these needs help them increase their motivation.

(*Taormina*) Along with discussing how having your needs met helps increase motivation, Maslow also discusses the 5 needs. These needs include level one: Physiological needs such as food and water. Level two: Safety and security needs such as shelter. Level three: Belongingness, one needs to feel a sense of love along with emotionally pleasant interactions with others. Level four: Esteem: This includes what someone receives, such as attitude,



Maslow's Hierarchy of Needs

elevation, and respect one gets from others regarding ones character. Showing elated feeling about ones worthiness or values of a person impacting how the child feels about themselves. Level five:



Self-actualization, this describes acquaintances and friendships

(Julee)

who were “creative” “visibly successful” and “saintly” people. Therefore, the characterization of self-actualized people were idealized. These words and values can help children realize and understand who they are and what they’re meant to do. (Taormina)

In conclusion Many ways have been found to help support children from providing their physical needs such as food, clean clothes, and a warm dry place to sleep at night. It is equally important to meet their emotional and social needs as well such as spending quality time with them. A good way to do this would be to do a family movie night or game night once a week. For children to thrive it is important to help them have their needs met physically, emotionally, and spiritually. Helping them meet their needs spiritually may look like talking about the bible or what they think or believe in. Helping to ensure their needs are met will help them be more successful in the present and in their future. If we all help ensure children’s needs are met it can help us raise and have more successful generations in the future. Remember to do your part and share multiple positive interactions with not only your children but the ones in your family and around you in the community as well.

Works Cited

“Child Experiences: The Stories That Make the Person.” *Library Of Congress*,
<https://tile.loc.gov/storage-services/master/gdc/gdcebookspublic/20/20/71/95/47/2020719547/2020719547.pdf>. Accessed
15 Nov. 2025.

Bellis, Mark A., et al. “Adverse Childhood Experiences: Retrospective Study to Determine Their Impact on Adult Health Behaviors and Health Outcomes in a UK Population.” *Shibboleth Authentication Request*, Mar. 2014, www-jstor-org.jccmi.idm.oclc.org/stable/45158649?searchText=What%2Bis%2Ban%2BACEs%2Bscore%2Band%2Bhow%2Bcan%2Bthat%2Beffect%2Ba%2Bchild%2Band%2Btheir%2Blearning&searchUri=%2Faction%2FdoBasicSearch%3FQuery%3DWhat%2Bis%2Ban%2BACEs%2Bscore%2Band%2Bhow%2Bcan%2Bthat%2Beffect%2Ba%2Bchild%2Band%2Btheir%2Blearning%253F%26so%3Drel&ab_segments=0%2Fspellcheck_basic_search%2Ftest&refreqid=fastly-default%3A1bfb6ebbc99db6bb5e237e11e7f52203&seq=1.

Granger, Lester B. “Basic Human Needs.” *Shibboleth Authentication Request*, Apr. 1953, www-jstor-org.jccmi.idm.oclc.org/stable/23712411?searchText=What%2Bbasic%2Bneeds%2Bdo%2Bchildren%2Bneed%2Bto%2Bbe%2Bsuccessful&searchUri=%2Faction%2FdoBasicSearch%3FQuery%3DWhat%2Bbasic%2Bneeds%2Bdo%2Bchildren%2Bneed%2Bto%2Bbe%2Bsuccessful%26so%3Drel&ab_segments=0%2Fspellcheck_basic_search%2Ftest&refreqid=fastly-default%3Aacc42ed920a5ff63f4b46482641eb3a90&seq=1.

Heinrich, Carolyn J. “Parent’s Employment and Child’s Wellbeing.” *Shibboleth Authentication Request*, 2014, www-jstor-org.jccmi.idm.oclc.org/stable/23712411?searchText=What%2Bbasic%2Bneeds%2Bdo%2Bchildren%2Bneed%2Bto%2Bbe%2Bsuccessful&searchUri=%2Faction%2FdoBasicSearch%3FQuery%3DWhat%2Bbasic%2Bneeds%2Bdo%2Bchildren%2Bneed%2Bto%2Bbe%2Bsuccessful%26so%3Drel&ab_segments=0%2Fspellcheck_basic_search%2Ftest&refreqid=fastly-default%3Aacc42ed920a5ff63f4b46482641eb3a90&seq=1.

org.jccmi.idm.oclc.org/stable/23723386?searchText=How%2Bcan%2Bparents%2Bhelp%2Bchildren%2Bbe%2Bsuccessful%2Bin%2Bschool&searchUri=%2Faction%2FdoBasicSearch%3FQuery%3DHow%2Bcan%2Bparents%2Bhelp%2Bchildren%2Bbe%2Bsuccessful%2Bin%2Bschool%26so%3Drel&ab_segments=0%2Fspellcheck_basic_search%2Ftest&refreqid=fastly-default%3A06928f1e81aca59b0d3fdf166a230a0e&seq=1.

Sitler, Helen Collins. "Teaching with Awareness: The Hidden Effects of Trauma on Learning." *Shibboleth Authentication Request*, 2009, www-jstor-org.jccmi.idm.oclc.org/stable/30181092?searchText=How%2Bcan%2Bwe%2Bhelp%2Bstudents%2Bwith%2Bsignificant%2Btrauma%2Bsucceed&searchUri=%2Faction%2FdoBasicSearch%3FQuery%3DHow%2Bcan%2Bwe%2Bhelp%2Bstudents%2Bwith%2Bsignificant%2Btrauma%2Bsucceed%253F%26so%3Drel&ab_segments=0%2Fspellcheck_basic_search%2Ftest&refreqid=fastly-default%3A6e1fac3394e9647235808ce16cb8c2da&seq=1.

Taormina, Robert J., and Jennifer H. Gao. "Maslow and the Motivation Hierarchy: Measuring Satisfaction of the Needs." *Shibboleth Authentication Request*, 2013, www-jstor-org.jccmi.idm.oclc.org/stable/10.5406/amerjpsyc.126.2.0155?searchText=What%2Bis%2BMaslow%27s%2Bhierarchy%2Bof%2Bneeds&searchUri=%2Faction%2FdoBasicSearch%3FQuery%3DWhat%2Bis%2BMaslow%2527s%2Bhierarchy%2Bof%2Bneeds%26so%3Drel&ab_segments=0%2Fspellcheck_basic_search%2Ftest&refreqid=fastly-default%3A81a9607d8c209591064f252463f103d1&seq=1