



February 2017

Why do we crave
LOVE
so much?



Ahh February.. the month of all things lovely.

**With Valentines Day around the corner, its got me thinking.... why do we
crave love so much?**

**We as human beings just can't help ourselves when it comes to love, we NEED,
WANT and MUST have it and its not just us.... our animal counterparts are much the
same, craving that cuddle as we walk through the door, some kind words of endearment,
that feeling of security that we have named LOVE.**



So why do we need to feel loved?

Helen Fisher is an anthropologist, human behaviour researcher and self-help author who studies love in humans and animals. Helen wanted to learn more about our very real, very physical need for romantic love. So Helen and her team of researchers took MRI's of people in love and people that have just been dumped.

Please click link below to see full video of Helen's research

Helen Fisher - Why do we crave LOVE so much?

Visit our..



Our team at Drop Of Life have been gathering information from their learning and experience and have brought it to the practice.

To tease out years and years of knowledge is tough and as a result, the disclaimer of our blogs are that some are our formulations of what works and some are other people's information and learning that we admire and agree with.

We have been tackling subjects such as:

- How Can I Manage Stress?
- Grief and loss in children with intellectual disabilities.
- What do woman really want?
- Conforming to the norm.

- The arrival of the new baby and adjusting to parenting.
- Therapy with kids and teens.
- Depression.
- The tough teen years.
- How to teach your children Emotional Intelligence.

If you are interested in reading more about these topics or would like to subscribe to our blog, please click link below.



**Benji's
LOVE
Tip**



ALYSSYA

You are fabulous at colouring in!

Please see Jasmine at reception to collect your special prize.



Because everyone is so super duper great at colouring, this month we will be hosting another

COLOURINGCOMPETITION

If you would like to enter, please see Jasmine at reception.
The winner will be announced next month and will receive something special.

Get colouring kids!!!



**Newest member of our
Drop Of Life Team
Tracy de Beer**

- *Infant and child mental health*
- *Child development*
- *Parenting*
- *Disability specific support*

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