



## SIMPLE Ways to Help your Children Feel Loved

- **Write Them Sidewalk Messages- Inspirational or Funny**
- Place Surprises in their rooms (balloons, newspaper, tissue paper balls)
- **Treasure Hunt for anything (chores, food, activity)**
- *Stop what you are doing and Listen (make eye contact)*
- **Give them 10-minutes of uninterrupted time with you. Leave phones behind and let them choose the activity.**
- **Set boundaries. Children feel our love when we have rules for them to follow. It helps them know we care.**
- Snuggle them! Be affectionate! Give them a Kiss on the Cheek!
- Ask them questions...get specific so they know that you care about the details of their lives.
- **Love what they love and let them talk about it.**
- Say "I Love You" every single day. Use code 1-4-3 if that is less embarrassing.
- **Goof around and be silly!**
- **Get to know their friends.**
- Give them experiences with you by their side. Let them make the food or plant the flowers-even if it means it is less than perfect or you have to redo it in the end.
- Respect their space and feelings.
- **Give them a say in the decisions—let them choose. (But be strategic about the choices you offer)**
- **SMILE!** 😊
- Say "YES" when you can. Sometimes we say "No" just to say "No".
- **Laugh together...and then laugh together some more!**
- **Invite them into your world. Let them know about your life.**
- *Sincerely apologize when you make a mistake.*
- Celebrate their name—use dinner foods that start with the same letter. Spell name in berries on the plate.
- **READ AN EXTRA BOOK AT BEDTIME.**
- **COMPLIMENT THEM DAILY.**
- Keep your promises (and don't make promises you can't keep).
- **Help them accomplish new things.**
- **Help them identify their talents.**
- **PLAY A BOARD GAME WITH THEM.**
- Be their number one fan.
- **Serve someone together.**
- *Give them unstructured time in life.*
- **Make an effort each day to bring joy into their lives.**
- Believe in them so much that you don't always run to their rescue. They will feel your trust and be stronger because of it.