

Ways to Show Love to a Child

Saying “I love you,” to a child, and showing it can help make a child feel special. These simple actions can boost a child’s self-esteem and confidence in school, and in life. If a child knows they have a trusted and caring person to speak with, he or she will be more apt to talk about how they feel, and ask for help. The following are simple, yet effective ways to show a small child or a teenager that you love him or her.

- Teach your child the golden rule and lead by example.
- Give your child a hug, cuddle, pat or whatever gesture of affection your child prefers.
- Treat your child as you would your best friend – with care, respect, and friendliness.
- Embrace the present moments with your child instead of wishing they were younger/older.
- Refrain from doing two things at once. Give your child your undivided attention.
- Smile at your child often.
- Become your child’s biggest: fan, champion, cheerleader, coach, or mentor.
- Laugh with your child.
- Always give your child a second chance.
- Remember that you are the parent, not the child. You are the adult, so try and act like one even during the most trying circumstances.
- Always keep your promises.
- Praise your child immediately when he or she does something right or does a good job.
- Repeat second hand complements that you hear about your child to your child.
- Always be on time to your child’s events.
- Encourage your child to: invent, create, dream, plan, imagine, discover.
- Guide your child through life instead of pushing them through it.
- Keep in mind that tears are healing agents. When your child is sad, let the tears flow.
- Love your child unconditionally.
- Teach your child that it is okay to be different from other kids. After all, some of the greatest among us have been quite unique.
- Tell your child funny stories about your daily life, so that your child feels more connected to your world.
- Be glad to see your child whenever they come through the door.
- Get your child to school on-time.
- Let your child see you being kind and helpful to your parents.
- When you say no, be sure that you mean it and stick to it.
- Teach your child to finish what they start.
- Always go the extra mile for your child.
- Wish upon a star and share your dreams.
- Learn to laugh at yourself in front of your child.
- Dance with your child in public.
- Leave work at work so you can spend time with your child when you are home.
- Be a good sounding board for your child
- Create a home environment that is: upbeat, cheerful, creative, and fun.
- Give more than you receive.
- Say "bless you" when your child sneezes.

- Ignore the phone during family meals and let the machine/voicemail get it.
- Let your children learn from their mistakes.
- If possible, coach your child's teams.
- Praise more, criticize less.
- Sign your letters with X's and O's.
- Hold hands with your child.
- Pack a note that says "I love you" in your child's lunch box.
- Never laugh at your child's dreams.
- Tell the truth and teach your child to do the same.
- Let your child win the game when you play together while they are young.
- Cook healthy meals and make healthy snacks for your child; don't forget to teach them why you are doing this.
- Ask for your child's forgiveness when you mess up.
- Show great enthusiasm for all your child's accomplishments.
- Try to always be available when your child needs you.
- Kiss your child's boo boo's.
- Never interrupt your child when they are sharing a story with you.
- Be your child's hero.
- Never compare your child to others.
- Read to your child before bedtime.
- Develop a family sense of togetherness.
- Teach your child to stand up for him or herself.
- Stop gossiping. Your child may be listening.
- Make sure to do special things for your children (i.e. popcorn and movie night, camp out in the back yard, etc.)
- Encourage your child to make friends.
- Teach your child to spread their wings and fly.
- Understand that all kids get dirty.
- Make Sunday night dinners a meal your child wants to be at. Welcome their friends for dinner sometimes.
- Take your child to the doctor when they are sick.
- Never go to bed angry at your child. Never let your child go to bed angry at you.
- Plan great parties for your child's special occasions (birthdays, graduations, etc.)
- Teach your child to keep their promises.
- Place your child's needs ahead of your own.
- Never allow your children to hit or call you names.
- Know that parenting is the most important job in the world.
- Don't yell at them, or become upset when he or she tells you something upsetting. It took courage to tell you, so just listen.
- Apologize when you are wrong.
- Tell your child you are proud of them.
- Always end the day with..."I love you."