

Twenty Free Ways to Love Your Child



1. Set aside time just to talk with your child. No phones, no TV, just talk. Find out what happened during your child's day.
2. In good weather, sit outside with your child and watch the world go by, even if it's only for 10 minutes.
3. Make family routines and traditions. Try to share at least one meal as a family every day. If weekdays are impossible, then every weekend.
4. Talk to your child about school and friends.
5. Tell your child you love her.
6. Tell her again.
7. Go to the park. Walk around; swing on the swings.
8. Pay attention to what your child is doing. Things that seem mundane to parents can be very important to children. Share your child's little victories.
9. Let your child help with what you are doing.
10. Show interest in your child's thoughts and feelings so he will be more willing to come to you with his problems and concerns.
11. Respect your child's thoughts and feelings. Her feelings are as real to her as yours are to you.
12. Tell your child you love him.
13. Tell him again.
14. Look at your child when you talk together. If she sees you reading a newspaper or watching TV while she is talking, she may believe that what she is saying is unimportant to you.
15. Catch your child being good, and praise him.
16. Make a bedtime routine that you try to stick to every night. Children like routines, and it can be a great time for sharing the day's events.
17. Read a story together.
18. Make something with your child. Make brownies or a birdhouse.
19. Tell your child you love her. Hug her.
20. Tell her again. Hug her again.

Source: Adapted, with permission, from The Crusade Against Child Abuse. *20 Free Ways to Love Your Child*. Charlotte, NC: The Crusade Against Child Abuse. A project of Thompson Children's Home. Phone: (704) 536-0375.