

Showing Love to Your Child

Here it is February – the month of love! All around us are cupids, hearts, bows, and love is in the air. Most of us have a pretty good idea of how to show romantic love to another person, but how do we show our children the love that they so desperately need during these formative years? Good question! Here are a few tips to do just that:

Individual – Discover who your child is!

Each of us feel loved in different ways. Notice the things your child says or does for others and how they communicate love.

Listen!

Active listening means that you aren't trying to figure out what you are going to say next or the answer to their problem. Just close your mouth and hear what they have to say.

Say Yes and Say No!

Say "yes" when possible, but say "no", too! Choose important things to say no to. Kids need boundaries and are more secure when they are certain that your "no" means "no".

Write It Down!

A note on their pillow, a message in their lunch box, or just a simple text affirming your child and reminding them that you think of them during the day shouts "I'm loved!"

Time!

Set aside a period of time for your child to receive your entire attention.

Be Silly Together!

Your kid wants to roller skate? If you can safely do so, roller skate! Karaoke, ride a horse, race across the field. Having fun with your child is love that can't be bottled up!

Love Who They Love!

In today's world, many children have divided families. Honor the position your child's other parent, grandparents, and other family members hold in their lives.

Celebrate!

When your child aces a particularly difficult test or when he stood up for himself in front of the class bully, or when she conquered a long-term goal, but also just because! Cook their favorite dinner, have a "YAY!" I'm proud of you night. The point is to acknowledge their success in a meaningful way.

Honor Their Instincts!

Honor your child's instincts and preferences when possible. She doesn't want to hug Aunt Margie? Acknowledge, Assure, and Allow your child to set their own boundaries within reason.

Be Their Parent!

Be their parent, not their friend. While it's great to have fun with your child, he or she needs you to be the one in charge, not the one who wants their approval!

LearningRx

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