

NOTHING MATTERS LIKE LOVE

Showing love gives a family the hope and energy to grow.

Make Time for Love

- Make time each day to do fun things like playing, talking, cooking, telling stories, etc.
- Expect interruptions in your daily activities. Expectations can make all the difference in how we perceive interruptions, personalities, anything else.



Prevent Problems

- Notice the good things and state them aloud.
- Be sure there are safe places in your home where children can have fun (a toy room, special place in kitchen or yard that is safe for play).
- Are there certain times of day that you have lots of challenges with your children? How can you prevent such problems?

Listen and Understand

- Listen patiently and with compassion.
- Notice what your child is doing and the way they may be feeling and state it out loud. For instance, if a child tells you about being picked on at school, you might respond with something like: "How frustrating," "I wonder if you felt pretty lonely," or "You wished you had someone to stick up for you."

Customize Messages of Love

Think about each of your children and the way he or she likes you to show love and affection for him or her. Find ways to show love to each child in a way that child prefers.

Family Handshakes

Hold the child's hand and tell the child: "We are going to play a handshake game. After I shake your hand, I am going to add another movement to the handshake." You may give the handshake and then both participants raise their thumb and touch them together. Continue to add new movements repeating the entire handshake each time before adding to it. After about three new movements, ask the child what he/she would like to add. Ideas might include sliding the hands apart, a high five, pinky hugs, elbow hugs, etc.

Create the handshake with the entire family. Each family member can add a movement. The new handshake can become a family ritual for greetings.

Activity slightly modified from "I love You Rituals" by Dr. Becky Bailey, Conscious Discipline.