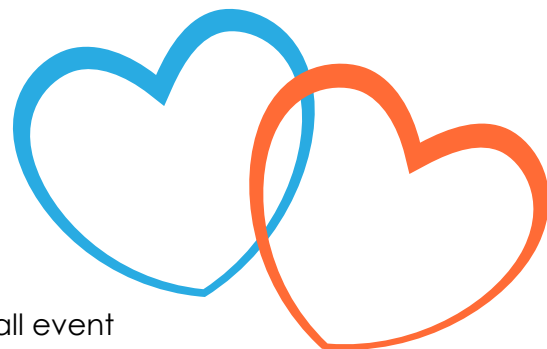


SENDING MESSAGES OF LOVE

Send messages that make your family feel loved, valued, supported, and cared about.



- Do things together that you and the child enjoy together.
- Make appointments to do things with your children. Plan a small event everyday. "After dinner, let's walk over to the park and ride the swings".
- Make time together fun including meal times, chores, waiting at the doctor's office, etc.
- During time together, avoid criticizing or discussing child's problems. If there is an issue, set aside time to address only that issue so it doesn't interfere with fun time.

Be Understanding

- Listen to the feelings that are important to that person. See the experience through the child's eyes. "You seem upset. I wonder if you feel disappointed or lonely".
- Show understanding with both words and actions. "I know you are really sad your dolly is missing! You are worried about finding her. I will help you look for her."
- Share good times with understanding. "It felt good to win that game!"
- A strong emotion signals it is time for understanding. When a child is delighted, depressed, confused, exuberant, mad, sad, or embarrassed, it is a good time to show understanding even when we don't feel like it.

Speak Each Person's Love Language

- Know the three languages of love: "Hug Me," "Show Me," and "Tell Me."
- Notice each person's love language by how they show love to others. Do they hug others often? Do they do things for and spend time with others? Do they verbalize their expression of love?
- Ask Yourself: What is my love language and what helps me feel loved? How is that different from what seems to work best with members of my family? What can I do to best show love to each member of the family?
- Experiment: Try sending messages of love and see what works.

See how your children respond to this activity that combines all three languages of love: **Guess What I am Writing**

Tell the child, "I am going to draw something on your back." Before you begin drawing, make sure your picture will be easy for the child to guess. While drawing, have the child draw the picture on a piece of paper. If the child can write some letters, those may be used as well but remember that this activity is to send messages of love rather than as a test on spelling or writing. Pictures and letters should all send messages of love. End the game with a relaxing back rub.

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