

40 simple ways to show your child love

1. Take them to a movie they want to see.
2. Go on a treasure hunt (collect all the loose change around the house/car) together and then make a trip to the arcade with your findings.
3. Take a long nature walk together, at their pace. Let them lead the conversation.
4. Find qualities about them that you genuinely love, and compliment them in front of others.
5. Frame a photo of the two of you, and display it in their room.
6. Put a few Hershey's Hugs in one of their coat pockets, and Kisses in the other.
7. Play a game with them.
8. Let them win.
9. Make bath time special. Add lots of bubbles, colored soaps, maybe you could purchase a new tub toy or let them play with things found around the house. I let my kids play with things like colanders and funnels from the kitchen—they love it. Don't forget to warm the towel!
10. Send them a handmade card in the mail with a coupon to go get ice cream with you.
11. Gather all the home movies that feature them as the "star" and have a movie night complete with popcorn and treats.
12. Using blankets and chairs, or a card table, build a clubhouse together and have a picnic inside.
13. Read "I love you" books together.
14. Let them stay up past their bedtime with you and watch cartoon classics together.
15. Do a chore that is normally reserved for them.
16. Tuck an encouraging note inside their lunchbox.
17. Give them your full attention.
18. Tell them some of the ways they make you happy.
19. Make them laugh.
20. Laugh with them.
21. Make their favorite treat to welcome them home from school with.
22. Show them your joy when they arrive.
23. Ask for hugs and kisses.
24. Listen, and let them make their own decisions whenever possible.
25. Make them a coupon book filled with things they'd enjoy doing, or things they'd like to get out of doing.
26. Take a day off from everything: work, household duties, technology, etc. and focus entirely on them.
27. Cook together.
28. Write them a poem using the initials of their name.
29. Decorate their room for no reason.
30. Create a sign that lavishes them with praise.
31. Kidnap them from school and take them out for lunch.
32. Make home a fun place to be.
33. Make a treasure box from an old shoe box, fill it with "gold" (chocolate coins) and make an official looking treasure map with clues for them to locate the hidden treasure with.
34. Go to the store and let them pick out all the ingredients to make banana splits. Make and eat them together.
35. Wrap up in a warm blanket together and take turns making up stories to tell each other.
36. Make a list of things you love about them and put it on their pillow before bedtime.
37. Talk about what they did in their day at dinnertime.
38. Sit down together and write a list of fun activities to do in a day. Write each idea on small slips of paper, roll up the papers and stick them inside balloons. Blow up all the balloons and then pop one balloon at a time until you've completed all the activities.
39. Play back rub/tickle games—ie; Spider crawling up your back...
40. Make a CD with all their favorite tunes and have a dance party.

~ Candace



Child abuse in public places

Whether you are at a doctor's office or in a shopping mall, you may witness parenting situations that make you uncomfortable. One of the main reasons for inappropriate parenting behavior is because a parent's expectations for their child is beyond the child's development level. Stress and lack of effective discipline methods are also possible causes.

You can play an active role in ending child abuse. The key is speaking up. When you see or suspect child abuse, don't look the other way. If an adult is losing patience with a child, intervene, but keep it positive. Intervening in the situation will help to de-escalate the situation for the child and the parent may realize that their behavior is not appropriate.

What you can do

1. Start a conversation with the adult to direct attention away from the child.
 - "She seems to be trying your patience."
 - "My child sometimes gets upset like that, too."
 - "Children can really wear you out sometimes. Is there anything I can do to help?"
 - "Kids at that age have so much energy and can really run fast. Sometimes it is hard to keep up with them."
 - "You seem frustrated. Is there anything I can do to help?"
 - "Sometimes babies cry and it seems like nothing calms them down. May I try...?"
 - "Sometimes the best thing to do is to make sure the child is safe and not respond to their behavior when they are having a temper tantrum."
 - "It looks like your child is having a bad day."
2. Divert the child's attention (if misbehaving) by talking to the child.
 - "I like your t-shirt. Did you get that on vacation?"
 - "That's a great baseball cap. Are you a Brewers fan?"
3. Look for an opportunity to praise the parent or child.
 - "She has the most beautiful eyes."
 - "That is a very nice shirt your little boy has on. Where did you get it?"
 - "Your child is very cute. How old is she?"
4. If the child is in danger, offer assistance.
 - If the child is left unattended in a grocery cart, stand near the child until the parent returns.

Avoid negative remarks or looks. Negative reactions are likely to increase a parent's stress or anger and could make matters worse for the child.