

SHOW YOUR LOVE

DID YOU KNOW?



Did you know that children are happier and feel safe when parents and caregivers show them their love?

Children who grow up in a loving home will also learn to be caring to others and themselves.

Show your children your love and attention every day.



Children understand your feelings when they hear your words and see your facial expressions.

WHEN YOU SAY AND SHOW YOUR LOVE, CHILDREN FEEL SAFER AND MORE SECURE.

BY SHOWING YOUR CHILD YOUR LOVE AND ATTENTION EVERY DAY YOU HELP THEM TO GROW AND DEVELOP INTO LOVING AND NURTURING ADULTS. TAKE THE TIME TO SHOW THE LOVE YOU FEEL FOR YOUR CHILDREN EVERY DAY.

You can show your love in simple ways:

OFFER PRAISE. If you see them doing something you are proud of or that they have worked hard on, let them know how you feel. You can say, "You really worked hard studying your math or reading that new book." or "Thank you for helping your sister tie her shoe. Great job!"

SHARE KIND WORDS AND COMPLIMENTS. We all feel a little better when someone says something kind and unexpected to us. Try saying, "I can see you're really growing up. OR I like hanging out with you and having fun."

GIVE THEM A HUG. A simple embrace can make your child feel secure and loved. You can also give a high-five or pat on the shoulder.



SMILE. This is a simple thing you can do that has a big impact.

SPEND TIME WITH YOUR CHILDREN.

When you spend time with your children, it shows that you like them. This will make them feel loved. Spend time with them by reading a book together, going for a walk, watching a movie or sharing a meal.

Positive attention helps children's minds grow and reassures them of a secure and stable relationship with their parents and caregivers. In a quiet moment, think of how much your child means to you and of the love you feel when all is going well. If you are having a bad day, it is good to take this quiet time for yourself. Connect with your child in a loving and nurturing way.

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