

HELP  
RESPECT

**O**ur children are very special people, yet times we forget to show them just how special they are. You can show your children you love them each and every day in lots of small ways.

PRAISE  
HUG  
TALK  
ENCOURAGE  
LOVE  
LAUGH  
LISTEN

If you're feeling stressed out, call to speak anonymously with a trained volunteer of Parents Anonymous who can provide support and refer you to resources in your community.



Department of Children and Families  
New Jersey Task Force on Child Abuse and Neglect

Little  
ways  
to Love  
Your  
Child



Department of Children and Families

## Try one of these tips every day for a month and see if life isn't a little happier.

- ♥ Take time to listen to your children. Consider their point of view and respect it.
- ♥ Focus on your children's good qualities and praise them.
- ♥ Encourage individual differences between your children; point out each child's special talents. Don't compare your child to others.
- ♥ Hug your children even when they've done something wrong. Hugs help chase the little hurts away.
- ♥ Read together. Even older kids enjoy hearing a good story.
- ♥ Praise your children for all the good things they do today and every day. Recognize effort and improvement with a kind word.
- ♥ Say "I love you" to your kids every day. You can never tell your children you love them too many times.
- ♥ Hug your kids five times today.
- ♥ Always leave your children with a hug, a kiss and a good-bye. Say good night with a hug and a kiss too.
- ♥ Tell each child "I miss you when you're away from me."
- ♥ Remember to love your children just as they are.
- ♥ Don't yell at the kids today. Apologize if you raise your voice.
- ♥ Try to feed your children a balanced diet; healthier children are happier children.
- ♥ Encourage your children to participate in family discussions.
- ♥ Pay extra special attention when your children talk to you.
- ♥ Take time to answer your children's questions.
- ♥ Talk over problems; it makes them easier to handle.

- ♥ Be open and honest about your feelings; your kids will learn these qualities from you.
- ♥ Follow through on your promises. When you can't, explain why.
- ♥ Remember to treat your children as you would like to be treated.
- ♥ Apologize when you're wrong. Parents don't have to be perfect.
- ♥ Share an activity with your children that all of you will enjoy.
- ♥ Let your children know that being with them is fun. Your smile makes all the difference.
- ♥ Try to spend at least half an hour alone with each of your children. Remember it is the quality of time you spend with your children that matters.
- ♥ Set up a quiet and distraction-free area where children can study, play or read.
- ♥ Help your children if they are working on a difficult task.
- ♥ Offer choices whenever possible so your children can make decisions without defying you.
- ♥ Respect your children and their needs. Children will learn respect if you treat them with respect.
- ♥ Remember that children also have a right to privacy.
- ♥ Listen to your children laugh – and laugh with them.

Call the Family Helpline when you feel frustrated and need someone to talk to.

**1-800-THE KIDS**