

Positive Parenting

Loving Ideas

Ways to show - "I Love You"

<i>Go for a walk together and collect acorns or pine cones.</i>	<i>Watch your child participate in hockey, baseball or a musical recital.</i>	<i>Take one of your children out for lunch or a snack.</i>
<i>Have a family picnic.</i>	<i>Give your child a hug.</i>	<i>Play a card or board game with your child.</i>
<i>Watch a favourite movie or TV show together.</i>	<i>Go to the library and choose books to read at bedtime.</i>	<i>Add a special treat or note to your child's lunch.</i>
<i>Read with your children.</i>	<i>Bake favourite cookies or muffins together.</i>	<i>Take your child skating and skate with them.</i>
<i>Give your child a new responsibility when ready.</i>	<i>Go for a family bike ride and stop for an ice-cream cone.</i>	<i>Listen to your child with no other distractions.</i>
<i>At bedtime tuck your child in.</i>	<i>Give your children genuine praise.</i>	<i>Listen when your child expresses negative or positive feelings.</i>

TIP:

Remember: To say "I Love You" more than once a day.

Remember: Teens need to be hugged, especially if they're feeling out of sorts.

Things to do with your child to show love and care for others:

- Donate old books, toys and videos (in good condition) to a local hospital.
- Bake cookies for a shut-in or an elderly neighbour.
- Make a special card for a grandparent or a good friend.
- Donate out-grown clothing to a local charity organization.
- Have your child invite a friend for lunch and prepare the food together.
- Encourage your child to read a story to their brother or sister.
- Donate non-perishable food items to Community Care.
- Suggest your teen, on occasion babysit for a family member or friend's child for free.
- Donate a book to your school or local library.
- Allow your child to invite a friend to go swimming or skating with him/her.
- Together make a Christmas or birthday gift for another family member.
- Have one child help plan a birthday party for a brother or sister.

Saving Childhood Memories:

- Save artwork and record your child's thoughts and date on it.
- Make a special scrapbook using photographs and your child's drawings to record achievements and skills.
- Have your child design their own picture book by cutting out magazine pictures and adding their own text.
- Make audio and video tapes of special events.
- Create a scrapbook of memories to give to your child on their sixteenth birthday.
- Save your child's personal calendar so that it becomes a journal of that year.