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Have you made progress?

Do you want to be more effective at loving your children?

Do you have new ideas about how to show love effectively to your children

Have you made a specific plan for something you plan to do?

Author: H. Wallace Goddard, Family Life Specialist
Development Team: Traci Johnston, Sherry Roe, Katy Randall, Lindsey Underwood, and Jennie Hubbard.
we often scold and criticize our children, they may feel bad and unloved. That’s very discouraging for them! We may try to show our love for them, but we may show it in ways that they don’t recognize. Would you like to be better at showing love to your children? Below are some ideas for showing love effectively.

In the boxes below, you can use the stickers or create your own mark to celebrate those things you are already doing well. You might also mark those things that you hope to improve in your relationships with your children. Use these marks to help you celebrate what you’re doing well and to add more good things to your parenting journey.

**Points of Interest**

**Show love effectively.**

One of the best ways to do this is to learn each child’s “language of love.” Each person likes to be loved in a slightly different way. If you know your child’s preferences, you can show love more effectively.

Some children like to be **told** that you love them. They want to hear words like: “I love you.” “You’re important to me.” “I love to be with you.” Some children enjoy notes that include words like these.

Some children like to be **hugged**. They love to be rocked, cuddled or snuggled. Some children enjoy notes that include words like these.

Some children enjoy notes that include words like these.

**Checkpoint**

I know the ways my child likes to be told of my love:

- My plan to show love effectively to each child:
  - Listen with your heart. Do you remember the challenges you faced as a child? Do you remember feeling afraid or lonely or foolish? Children live in a world where most people have more knowledge, experience and power than they do. They often feel powerless or self-conscious.

  - Children grow best if they get about five positive comments for each negative. That means that we need to be actively looking for the good in them and reacting to problems with kindness.

  - If a guest in our home spilled a glass of milk, we would not yell: “You clumsy fool! How could you be so stupid?” We would probably say, “Accidents happen. I’ll grab a cloth to wipe up the milk.” We would say kind things because we value the relationship.

  - Emotional injuries are like physical injuries. Preaching and advising are not helpful. When a person is hurting, we can help them by trying to understand their feelings and by using words that show our understanding. One example would be: “I can see that you’re upset.”

  - Comforting words I could use to respond to my children’s pains and disappointments:

    - **Love them.**

    - **Things to do in Loveland.**

    - **Checkpoints**

      - I am prepared to respond to my children’s mistakes with kindness.

One of the best things we can do for our children is spend time with each child doing something he or she loves to do. We might take a walk together, make a snack together, read a book together or simply listen to the child tell us about her day. When we gladly give time to each of our children, it assures them that we love them.

- **Notice**

  - How each of your children’s efforts.

- **Appreciate**

  - Each child’s efforts.

- **Love them.**

- **Checkpoints**

  - I feel prepared to effectively love my children.

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Some children like to be shown love. Such children may want you to play games with them, buy them a gift or to make time to be with them, to be played with, and to be actively looking for the good in each other.

We would say kind things because we value the relationship. We can help children heal by trying to understand their feelings and by using words that show our understanding. One example would be: “I can see that you’re upset.”

We can help them by trying to understand. One example would be: “It’s not that big of a deal.” But it is a big deal to the child. We can help children heal by trying to understand their feelings and by using words that show our understanding. One example would be: “I can see that you’re upset.”

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We can help them by trying to understand what they are feeling, by being patient with them and by showing understanding with their troubles. For example, if your child tells about being picked on at school, you can try to imagine what that is like for the child. You might then say something like, “That must have been very frustrating.”

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Things to do in Loveland

Notice how each of your children likes to be loved. Come up with ideas that might help each child feel loved. Try out your ideas and notice how they work. Ask your children what they like to do with you. Listen to your children’s concerns and worries. Do little things to show love to each child. Appreciate each child’s efforts. Think about what it feels like to be that child.

Love them.
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The Parenting Journey Travel Guide
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