After you have read the Points of Interest, look over the things you have learned. Pick something to work on this week with one of your children. Maybe you want to notice how your daughter likes to be loved. Maybe you want to take time out for a one-on-one with your son.

Map out the details of your plan. What exactly do you plan to do? When will be the best time? Do you need to do anything to prepare the child to take part in your new plan? Do you need to do anything to prepare yourself? For example, do you need to relax and plan to be calm in case your child does not respond positively to your efforts?

Decide some small thing you can do this week and write out your plan:

<table>
<thead>
<tr>
<th>What you plan to do:</th>
<th>The best time to do this:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ideas to prepare my child:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>How I can prepare myself:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>People who can help me:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

Loveland is so important! We hope you will have a great time there AND become an expert at finding your way around. Maybe you want more help to explore Loveland. If so, you might:

- read more about Loveland on the Parenting Journey website: www.arfamilies.org
- read a book about nurturing children such as Haim Ginott’s Between Parent and Child
- look for a class in your area on loving, nurturing, or love languages
- get ideas from another person who is very good at nurturing and loving
- get more ideas by going to the national extension family website, www.cybernet.org, and searching on nurturing, loving children or languages of love

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.

Points of Interest

1. **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 learn your child’s preferences, you can show love more effectively.

2. **Listen with your heart.**
   - Do you remember the challenges you faced as a child? Do you remember feeling afraid or embarrassed? Do you remember feeling lonely or foolish?
   - Some children enjoy notes that include words like, “You’re important to me.” “I love to be with you.”
   - Some children like to be held and hugged. They love to be rocked, cuddled or snuggled.
   - 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.”
   - 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.

3. **Show kindness.**
   - 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.”
   - Emotional injuries are like physical injuries. Preaching and advising are not helpful. When a person is hurting, we need our compassion. We can listen and try to understand.
   - This is one of the hardest things we ever do. We tend to deny or dismiss children’s feelings: “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.”

4. **Notice how each of your children likes to be loved.**
   - Some children need your physical touch. They are saying, “I need your love.”
   - Some children need your emotional touch. They are saying, “I need your understanding.”
   - Some children need your mental touch. They are saying, “I need your wisdom.”
   - Some children need your spiritual touch. They are saying, “I need your love for God.”

5. **Create your own marks 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.

6. **Things to do in Loveland.**
   - Loveland is the place we want to live.
   - 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 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.