

10 WAYS TO SHOW LOVE FOR YOUR CHILD

1. Praise every job well done and show interest in whatever your child is saying.
2. Banish put-downs from your parenting vocabulary.
3. Set a good example at home and in public by using words like 'please' and 'thank you.'
4. Whenever your child is angry, argumentative, or in a bad mood, use a sign of affection that you know he or she will respond to, like a hug, a pat or a secret gesture.
5. Use non-violent forms of discipline. Parents should establish a system of rewards and discipline before adolescence.
6. Spend a half day alone with your child doing something he or she enjoys.
7. Have regular family game nights, and let a different family member choose the game each week.
8. Owning a pet can help children with chronic illnesses or other health challenges feel better by stimulating physical activity, improving their attitude, and offering constant companionship.
9. Teach children how to make healthy food choices by letting them plan menus and cook with you.
10. Say 'I love you' to children of all ages.

Source: American Academy of Pediatrics 2002

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