

# 50 Ways to Love On Your Child

1. Tell them you love them
2. Smile at them
3. Ruffle their hair
4. Ask about their day
5. Cuddle on the couch
6. Say "You're my favorite (bo/girl) ever!"
7. Give them eye contact
8. Touch their shoulder when you're talking to them
9. Pick them up a little early from school and get ice cream
10. Make a secret handshake or code word
11. Buy them a treat for no reason
12. Tell jokes together
13. Say "tell me more about that"
14. Give a hug
15. Spend an extra few minutes with them at bedtime
16. Have a dance party in the kitchen
17. Tell them that you appreciate them
18. Make them their favorite meal
19. Play their favorite game with them
20. Ask about their friends
21. Have an impromptu Mom and daughter/son date
22. Write them a "thank you for being you" letter
23. Watch their favorite tv show with them
24. Give them a little \*wink\*
25. Say "I love watching you play"

26. Let them stay up a few minutes late for some special time
27. Tell silly jokes together
28. Cook or bake in the kitchen together
29. Find shapes in the clouds together
30. Go for a drive, just the two of you
31. Sit on the floor and play together
32. Warm up their towel for bath time
33. Talk to them about your childhood
34. Read books together
35. Say "yes" instead of "no"
36. Make silly faces at them
37. Tell them 1-2 things that you like about them
38. Have a tickle fight
39. Notice the good things they do and tell them
40. Put a note in their lunch box or backpack
41. Go for a walk
42. Ask them "what do YOU want to do today?"
43. Help them with their chores
44. Talk with them about their favorite part of their day
45. Give a piggy back ride (if they're still small enough)
46. Hold their hand
47. Be silly together
48. Step away from technology and wrestle
49. Listen to them...really listen
50. Respond with a smile