



Ten Ways to Tell Your Children "I Love You"



1. **Make your home a place of safety, acceptance and love.**
2. **Build feelings of self-worth by showing your children how they are special.**
3. **Offer your children opportunities to learn and succeed.**
4. **Make sure your children eat healthy foods, exercise regularly and get enough sleep.**
5. **Spend time with your children. Talk, laugh, play and enjoy each other.**
6. **Protect your children. Make their safety your top priority.**
7. **Acknowledge, praise and reward your children's successes. Don't criticize when they try but fail.**
8. **Set limits to make children feel secure and to teach them responsibility.**
9. **Make a hug, a squeeze, a loving smile an everyday occurrence.**
10. **Say the words, "I love you," at least once a day.**

