

Physical Touch

- When you greet or say goodbye to your child, gather them into your arms and hold them. Kneel down for small children.
- Let your child hold or cuddle a soft item to soothe them.
- Hug and kiss your child every day when they leave and return from school, as well as when you tuck them in at night for younger children.
- Stroke your child's hair or rub their back when they are upset.
- Shortly after disciplining your child, take a moment to give them a hug to show them you still love and cherish them.
- Snuggle closely together on the couch when watching television.
- Give each other a high five or similar congratulations whenever you catch your child doing something positive.
- Purchase a gift for your child that is touch-oriented, such as a soft pillow, blanket, or sweater.
- Occasionally yell out a "group hug" for your family. To add more fun, include the family pets.
- Play games or sports together that require touch.
- Sing action songs together that require touching and action, such as clapping hands, spinning, or jumping.
- Have "tickle fights" with your children, being careful not to allow it to become a stressful activity for your child.
- With younger children, read stories together with your child on your lap.
- When your child is sick or gets hurt, spend extra time providing comfort, like wiping her face with a cool cloth.

Quality Time

- Include them in your daily activities such as laundry, grocery shopping, or yard work. Though it may take longer, the time together will make up for the inconvenience.
- Stop what you are doing to make eye contact with your child as they tell you something important.
- Fix a healthy snack together, such as a plate of cut-up fruit.
- Find silly things to laugh about and laugh a lot about them.
- Allow older children to use cameras to record meaningful occasions.
- Turn off your television show to watch your child's favorite show with them.
- Go to the toy store and play with some fun toys with no intention of buying anything.
- Ask very specific questions about your child's day that do not have yes or no answers.
- When taking your younger children to a park or playground, spend the time actually playing with them instead of watching or looking at your phone. Pushing them on the swings creates lifelong memories and communicates love.
- Instead of screen time, focus on arts such as singing together or finger painting.
- Schedule a specific "date time" with each of your children individually. Put in on your calendar and don't allow other priorities to take its place.
- Surprise your child with tickets or a trip to a special place. Add pictures of the event to further strengthen this surprise.
- If possible, take your child to our workplace one day.
- Share more meals together as a family. Make dinnertime a special occasion with lots of talk about the day. Family prayer can also strengthen this time.

Gifts

- Keep a small collection of inexpensive gifts packed away for your child. Then give them one at a time, as your sense there is a need.
- Select presents that fit the interests of your child.
- Start a collection of unique gift boxes and wrapping papers that can be used to package even the most simple of presents.
- When away from home, mail a small package to your child with their name on it.
- Give personally made coupons for your child, good for some of their favorites things/activities.
- Keep a "gift bag" of small, inexpensive gifts your child can choose from as a reward for doing something positive.
- Make after-school snacks memorable by serving them on a special plate or making a "face" out of grapes and baby carrots.
- Give your child a "song", whether one you make up or a special song you select that reminds you of them.
- Create a treasure hunt for a gift that includes a map and clues along the way to the main surprise.
- Hide a small gift in your child's lunchbox,
- If you are away from your child a few days, leave a small package for each day with a special gift and note reminding them of how much you love them.
- Keep a chart and some fun stickers to keep a record of accomplishments. Reward your child with a gift after a set number of stickers are earned.
- For young children, find "nature gifts" such as wildflowers or interesting stones wrapped in a special paper or box.

Acts of Service

- Help your child practice for their sports team.
- Sit down and help your child if they're having computer problems.
- Instead of just telling your younger children to go to bed, pick them up and gently carry them and tuck them in their blankets.
- For school age children, help them select their outfit for the day as they are waking up in the morning or the night before.
- Occasionally wake up a half-hour earlier to make a special surprise breakfast for younger children.
- Begin teaching your child the importance of serving others through regular involvement together in a local community group or church ministry.
- For younger children, set up your child's favorite toys while they are taking a nap or are at school so they can immediately play with them (with you!).
- When running late to an appointment or meeting, help your child quickly finish what they're doing so you can both be ready faster instead of just telling them to hurry.
- During a time when your child is sick, go the extra step by setting up their favorite movie, reading them stories, or buying them a book.
- Connect your child with one of your friends or family members who can help them in an area of interest.
- Start a "birthday dinner" tradition where you make your child any meal they want on their birthday.
- Make a list of several of your child's favorite things they do with you. Then periodically do one of their favorites when they least expect it.
- Create flash cards for your child's upcoming test or quiz. Work together with your child until they feel confident with the material.
- Assist your child in fixing a favorite broken toy or bike. Simply taking the time to repair it communicates love to a child whose love language is acts of service.

Words of Affirmation

- Put a Post-It note in their lunchboxes with some encouraging words.
- Make a habit of mentioning something specific you've observed that highlights your child's accomplishments.
- Ask what your child wants to do or be when they grow up. Then encourage them in ways that help them pursue these dreams.
- Send your older child a text message telling them how much they mean to you. Even better make this a habit.
- If you are artistic, create a painting or drawing that shows them how much you love your child.
- Take a picture or other creation your child has made and frame it with a note of why it means so much to you.
- Call your child at home whenever you think of them just to say, "I love you."
- Create a special name of affection for your child that is only used between the two of you.
- When your child is down, share five reasons why you are proud of them.
- Leave a note on a cereal box, bathroom mirror, or other place your know your child will look.
- Create an encouragement jar that you and your child can use to drop in notes of praise and read together on a regular basis.
- Draw a large picture or words of encouragement using sidewalk chalk on your driveway, whether together or as a surprise for them to see later.
- When a child makes a mistake trying to do something helpful, first use words to recognize that you knew of their good intentions.
- When you have to be out of town for work or other reasons, leave a series of short notes for your child, one for each day you are apart.
- Pray out loud over them every night and speak God's promises.