

10 Ways to Tell Your Children “I Love You”

Parenting is love in action.

A loving parent becomes a strong foundation that cannot be shaken. When children know they are loved, they know they have someone to trust. Always communicate your love, both with and without words.



Leisure

- 1. Make your home a place of safety, acceptance and love.** Loving arms are always open. Understand your child’s uniqueness and embrace it. Start each day fresh, forget yesterday’s grudges and lead your family by setting a positive example.
- 2. Build feelings of self-worth by showing your children how they are special.** Tell your children how wonderful it is to be their parent and how much you like the way they are growing up. Tell them some of the ways they make you happy, and let them overhear you complimenting them to someone else on qualities you genuinely love.
- 3. Offer your children opportunities to learn and succeed.** Provide encouragement and guidance to help your children tackle obstacles and conquer new life experiences. If your children push for independence, take it as a sign of a job well done.
- 4. Make hugs an everyday occurrence.** A hug is the easiest way to make a quick connection with loved ones—even adults need a daily hug. If your children don’t like hugs, you can still show affection with a gentle squeeze on the shoulder, tussling their hair or holding their hand. Much can be conveyed through even the simplest of gestures, so make sure you find the time to connect to your children.
- 5. Make sure your children make healthy food choices, exercise regularly and get enough sleep.** Creating healthy habits with your family is an act of love. Cook healthy meals together and engage in other healthy activities together like taking a walk or playing a sport with your children.
- 6. Spend time with your children.** Talk, laugh, play and enjoy each other. Make it a point to regularly spend individual uninterrupted time with each of your children. One-on-one time helps to build a child’s sense of self-worth and shows that you care about him or her as an individual.
- 7. Protect your children.** Make their safety your top priority. Let your children know they are safe with you. Try saying things like, “There is no problem so big you can’t come to me for help with,” or “No matter what you’ve done or where you are, if something is wrong, call me. I will help you.”
- 8. Acknowledge, praise and reward successes.** Don’t criticize when they try but fail. Praise builds self-esteem and reinforces positive behaviors by showing children that you notice their hard work. Praise good effort for a job well done, not just the results. Take it one step further by making sure to encourage your children instead of criticizing them when they try something new and fail.
- 9. Set limits to make children feel secure and teach them responsibility.** Create boundaries, set appropriate limits and most importantly, follow through. Be consistent and set the example. This will tell children “I love you enough to set these limits to keep you safe.”
- 10. Say the words “I love you,” at least once a day.** Kids really do need to hear those three little words. In fact, they thrive on it. Make the act of saying “I love you,” an everyday habit—especially as your children grow older into their teen years.



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