

1. *Cuddle together on the couch and tell your child something you love about them.*
2. *Read a story (or have your toddler read one to you!).*
3. *Sing a silly song together.*
4. *Play peek-a-boo with your baby.*
5. *Let your toddler pick out what he wants to wear and tell him how nice he looks.*
6. *Draw a picture and color it together.*
7. *Tell your child that you love her many times throughout the day using words. One favorite way to say "I love you" is using sign language. It is almost a game, because you can do the sign for I love you, and she knows what you are feeling, without having to make a sound.*
8. *Every night before you leave your child's room say, "Goodnight, I love being your mommy or daddy." He knows every night that those will be the last words you say before you leave his room.*
9. *Find old dress up clothes and pretend with your child. Be silly and laugh with your child.*
10. *Pick a day and make it "Family Hugging Day".*
11. *You and your child can do something nice for someone else, then talk about the feelings you experience after doing the act. (Make a Valentine's card for someone who is alone and deliver it together).*
12. *Teach your child good manners. Good-mannered people are pleasant to be around, both in public and private. Simple courtesies --- saying please, thank you, excuse me --- help make our world a little more personal, a little kinder. The key to good manners is a respect for the rights, ideas, and feelings of others, even those with whom we disagree. How do you teach manners?*

Example: The very best place to start teaching manners is in the home. When parents are respectful to each other and to their children, they are setting an example that speaks much louder than words.

- *Instruction: Children do not automatically pick up manners. Examples must be backed by explanation and instruction and children need to know exactly what is expected of them.*
- *Reminders: One instruction is not enough. Reminders are necessary—over and over again. Friendly reminders work better than hostile ones.*
- *Correction: Reminding a child of rules is sometimes necessary and positive remarks work best and telling them the behavior you want them to use: "Please use your napkin."*

Be liberal with praise. This is an effective way to encourage good manners.

13. *Turn off all phones and television at meal times. Spend the time really talking to each other.*
14. *Adults spell love, **L O V E**, children spell love, **T I M E**. Spend special time with each child individually.*