

If your child's love language is words of affirmation...

Here are a few more ideas especially for parents. Pick and choose among them to try something new you think your child will appreciate.

- Put a Post-it note in their lunchbox with some encouraging words.
- Make a habit of mentioning something specific you've observed that highlights your child's accomplishments. Examples include, "I really appreciated how you showed kindness to that other child," or "I really enjoyed the positive attitude you had during the game."
- Ask what your child wants to do or be when they grow up. Then encourage them in ways that help them pursue these dreams. If your daughter says, "I want to be a veterinarian when I grow up," say things like, "I think you'd be a good vet."
- Record yourself on audio or video telling your child how much he or she means to you. Even better, make this a habit for when you have to go out of town or on a special holiday such as a birthday.
- If you are artistic, create a painting or drawing that shows how much you love your child.
- Take a picture or other creation your child has created and frame it in a special frame with a note of why it means so much to you.
- 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.
- 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.

- Make it a habit to say, "I love you" whenever you tuck in your child or leave one another.
- Place their artwork in areas they recognize as important to you such as the refrigerator, the office, or special scrapbook.
- When your child is feeling down, share five reasons why you are proud of them.
- Leave a note on a cereal box, bathroom mirror, or other place you know your child will look. A simple "Daddy loves you," or "Mommy loves you," in a unique location can be very powerful.
- Get a picture keychain and put photos of your children in it. Talk about the photos with family or friends when your children are present.
- 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, either 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.