



Ways to Love Your Child

Expressing parental love comes in many different forms. Here are ways that parents show love for their children every day. The purpose of this document is to outline what your child needs from you and give examples of how you can provide that for them day-to-day through your expressions of love.



Fostering Self-Determination

Helping your child to develop skills to become independent and provide a strong foundation for adulthood.

- Give child opportunities to make choices
- Encourage child to express wants and wishes
- Strike a balance between being protective and supporting risk-taking

Emotional Attunement

Being able to recognize your child's emotions, understand, and engage in a supportive manner.

- Be aware and respond appropriately to your child emotional states
- Encourage emotional expression



Staying Attentive

Being present to observe, identify, and respond to your child's needs; giving your child attention and quality time.

- Be aware of what your child is telling you about them
- Be there for your child



Demonstrate Love

Showing your unconditional love in intentional ways through your words and actions.

- Love your child without conditions placed upon them or their performance
- Spend time with them
- Listen to them
- Care for their needs
- Work on task together
- Do a loving act for them everyday



Things to Think About

- How did your parents or caregivers demonstrate love to you?
 - How do you let your child know that you love them?
 - Is your level of stress interfering with your ability to be attuned to your child?
 - What have you done to help your child become self-determined?
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