

Parenting Tips
From
Community Parenting Service
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Opening times : Monday to Friday 12pm to 4pm

How to say, "I love you" to your children.

Our children need to not only **know** they are loved, they need also to **feel** loved unconditionally by the significant people in their lives. How then as parents can we demonstrate our love for our children.

- Through physical touch - lots of hugs and kisses, play wrestling, Pats on the back for a task well done.
- Through words of affections - praise and encouragement, thanks, pet sayings.
- Quality Time - time spend with your child that is focussed on their needs and not your own. This can be achieved by stopping what you are doing and, for as little as two minutes, commenting on their behaviour in a positive way.
- Gifts – the size and the cost of the gift are unimportant, the most important factor in gift giving is the love the gift represents.
- Actions – help your child with the things that he/she cannot do for themselves. Demonstrate how they can achieve positive outcomes.

Children who feel that they are loved will be more co-operative and easier to discipline.

Adapted from "*The Five Love Languages of Children*" by G. Chapman and R. Campbell.

We invite you to visit our Centre to 'check out' the wide range of information that we have available for you to browse or borrow.