

Ways To Show Kids You Care

(1998 Search Institute. Written by Jolene L. Roehlkepartain)

* Notice them * Smile a lot * Acknowledge them * Make their birthday special * Ask them about themselves * Look in their eyes when you talk to them * Listen to them * Play with them * Read aloud together * Laugh with them * Be nice * tell them their feelings are OK * Set boundaries that keep that safe * be honest * Be yourself * Listen to their stories * Hug them * Forget your worries sometimes and concentrate only on them * Notice when they're acting differently * Present options when they seek your advice * Play outside together * Surprise them * Stay with them when they're afraid * Suggest better behaviors when they act out * Feed them when they are hungry * Delight in their discoveries * Share their excitement * Send them a letter or postcard * Follow them when they lead * Call them to say hello * Hide surprises for them to find * Give them space when they need it * Contribute to their collections * Discuss their dreams and nightmares * Laugh at their jokes * Be relaxed * Kneel, squat, or sit so you're at their eye level * Answer their questions * Tell them how terrific they are * Create a tradition with them and keep it * Learn what they have to teach * Use your ears more than your mouth * Make yourself available * Attend their concerts, games, and events * Find a common interest * Hold hands during a walk * Apologize when you've done something wrong * Listen to their favorite music with them * Keep the promises you make * Wave and smile when you part * Display their artwork in your home * Thank them * Point out what you like about them * Clip magazine pictures or articles that interest them * Give them lots of compliments * Catch them doing something right * Give them your undivided attention * Ask for their opinion * Have fun together * Be curious with them * Tell them how much you like being with them * Let them solve most of their own problems * Meet their friends * Let them tell you how they feel * Help them become an expert on something * Be excited when you see them * Let them act their age * Praise more; criticize

less *Be consistent *Admit when you make a mistake *Enjoy your time together *give them a special nickname *Marvel at what they can do *Tell them how proud you are of them *Pamper them *Unwind together *Be happy *Ask them to help you *Support them *Applaud their successes *Deal with problems and conflicts while they're still small *Tell them stories in which they are the hero *Believe in them *Nurture them with good food, good words, and good fun *Be flexible *Delight in their uniqueness *Let them make mistakes *Notice when they grow *Include them in conversations *Respect them *Join in their adventures *Visit their schools *Help them learn something new *Be understanding when they have a difficult day *Give them good choices *Respect the choices they make *Be silly together *Hang out together *Make time to be with them *Inspire their creativity *Accept them as they are *become their advocate *Appreciate their individuality *Talk openly with them *Tolerate their interruptions *Trust them *Share a secret *Create a safe, open environment *Be available *Cheer their accomplishments *Encourage them to help others *Tackle new tasks together *Believe what they say *Help them take a stand and stand with them *Daydream with them *Do what they like to do *Make decisions together *Build something together *Encourage them to think big *Celebrate their firsts and lasts, such as their first day of school *Go places together *Welcome their suggestions *Help them learn from their mistakes *Be sincere *Introduce them to people of excellence *Tell them what you expect from them *Introduce them to new experiences *Eat together *Be spontaneous *Expect their best; don't expect perfection *Empower them to help and be themselves *Love them, no matter what