

# 5 Ways to Show Children You Care

## Notice them.

Make sure you say good morning. Rub their backs when they sit next to you. Pick one good thing they did each day and thank them for doing it.



## Smile a lot.

Smiling is contagious. Try smiling even when you don't feel like it. Children will imitate you and they will feel happier too.

## Seek them out.

Go sit next to them while they are reading or playing. Show interest in what they are doing. Who knows, you might even find yourself wanting to play with them!



## Remember their birthdays.

Even if you are not going to be able to have a big party for them, help them celebrate the special day they came into your life. Do a little countdown to your birthday in the kitchen. Put a candle in a muffin for breakfast. Tie a balloon to their chair so they feel like a birthday prince or princess.



## Ask them about themselves.

In the morning, ask if they slept well. Ask if they had any dreams. Ask what color they feel like wearing. In the afternoon, ask how school went. Ask what they enjoyed most about school. Ask what they learned. Ask who they played with at recess. In the evening, ask what the best and worst parts of the day were. Ask if they need an extra hug. Ask what they want you to read them for a bedtime story.

