

FEBRUARY 2011

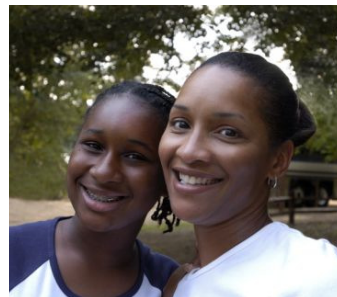
Prevent Child Abuse Illinois' 20 Ways

20 Ways to Say "I Love You!"

Valentine's Day is a great time to say "I love you" but LOVE is important all year long.

1. Say "I love you" to each member of your family, every day.
2. Give a hug.
3. Play together and laugh a lot.
4. Fix a favorite meal and serve it on a special plate.
5. Write a "Thank You" note to your child just to say thank you for who they are.
6. Watch a movie together and share a bowl of popcorn.
7. Spend time everyday listening to your child.
8. Place or hang family photos where everyone can see them.
9. Create a "Smile box" where you can leave special notes, pictures, cards or small gifts for each other.
10. Listen to music together.
11. Find time to share your hobbies and interests.
12. Plan a special day together.
13. Put notes in lunch boxes, backpacks or under pillows.
14. Have a Valentine's party with homemade cookies and cards.
15. Make pancakes in the shape of hearts.
16. Pamper someone for a day.
17. Respect feelings and opinions, even when you don't agree.
18. Say "Please" and "Thank you".
19. Make a list of 20 Ways your family shows love to each other and put it on the refrigerator.
20. Love them no matter what!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					



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