

20 Ways to Say "I Love You!"

Prevent Child Abuse Illinois

Valentine's Day is a great time to say and share those three special words I love you! But **LOVE** is important all year long. Children who feel loved and cared for are healthier, do better in school and are more likely to make good choices. Showing someone you love them is easy. Love can be communicated in a word, a touch, or a special smile. It doesn't have to cost money, it just has to come from the heart. Here are 20 suggestions for showing your children and your family that you love them:



- 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 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 Day 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!

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Preventing Child Abuse... We Can Succeed!