

LOVE IS IN THE AIR: PARENT EDITION



There is no doubt February is known as the month for love.

We all have seen the candy hearts, boxes of chocolates, cute cups, and other Valentine's Day goodies already in the stores. While this holiday is typically advertised as a way to show love to your significant other, here are some great ideas to show your children how much you love them!

14 Reasons Why They are Special

This is a Valentine's Day tradition that can be done for children of all ages! (Yes, even the sassy teenagers can participate in this). Starting on February 1st, write one reason why your child is special to you and tape it to their bedroom door. Keeping adding one reason they are special to you up until Valentine's Day. They will love seeing how much they mean to you!

OR

If you are a last minute parent (we've all been there) try this option instead! Wait until the night of February 13th and make a list of 14 reasons to put on their door for the morning!

Dinner Special!

One way to help show your kiddo they are special to you is by giving them a special job! This gives your child a sense of independence and choice in family decisions. To promote this, give your child one night to choose dinner! No matter how silly, or strange, the dinner menu may be for the night, your child will sure know they are appreciated!

Fun tip: If you have more than one child, dedicate a week day to each child!

More ways to add to the fun:

- Practice handwriting by having your child write the menu for the night
- Practice pretend play by "transforming" your kitchen into a "fancy" restaurant!
- Make yourself the waiter (or waitress)

Get Creative (and messy)

It's no secret that kiddos love to get messy from time to time. What better way than to create with them?! Here are some ways to create with your kids:

- Make slime
- Paint
- Do a science experiment (volcanos are a great, easy one)
- Bake a yummy treat
- Build a fort
- Make cloud dough

Spend Quality Time

Whether it is reading a story before bedtime, or watching their favorite show, spending quality time with your child is one of the most important ways to show them you care!

Are you wanting help with building a positive relationship with your children? Call our office today!



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If you are struggling with life stressors that are more than you can handle alone, seek help. Talk to a friend or someone you trust. Call our office or another mental health provider to set an appointment. Do you want you need to do to take care of yourself. You don't have to do this alone.