

30 WAYS

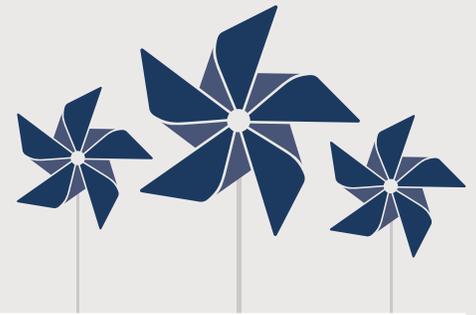
to Show Kids You Care

The best way to raise happy, healthy children is to spend time each day showing you care.

Hang this list on your fridge as inspiration.

Each day, choose one of these activities to do with a child.

1. Color with your child
2. Give a hug just because
3. Build a blanket fort together and hang out inside
4. Say "I love you" at breakfast, lunch and dinner
5. Take a walk together
6. Let your child choose a game and play it with them
7. Catch your child doing something right and celebrate them with verbal praise
8. Plan a meal and cook it together
9. Read a book together
10. Tell your child a happy story from your childhood
11. Do a craft together, and don't worry about cleaning up the mess until the end
12. Pack a picnic and go to the park together
13. Take your child on a nature walk and play "I spy"
14. Put your phone and electronic devices in "time out" for one hour
15. Send your child a special card to open in the mail
16. Let your child pick out a picture of him or herself to put in a frame in your house
17. Ask your child where they would like to go and take them there
18. Pack a love note in your child's lunch
19. Stop everything for 20 minutes and do only what your child wants to do
20. Do a household chore together
21. Create a scavenger hunt for your child and a friend around your neighborhood
22. Do something kind for a neighbor together, like rake a lawn or bring them cookies
23. Go to the museum together
24. Take your child to the grocery store and work together to pick out the ingredients for a healthy meal
25. Color the driveway with chalk together
26. Play dress up together
27. Tell your child specifically what is unique or special about them
28. Offer a word of encouragement when your child tries something difficult
29. Finger paint together
30. Make funny faces together and laugh



ABOUT KEMPE

Kempe has been recognized as a world leader in the prevention and treatment of child abuse and neglect. Together the Kempe Center and Kempe Foundation work to promote understanding, knowledge and best practices to prevent and treat child abuse and neglect.

