

HOW TO KEEP THE LIGHT IN YOUR KIDS' EYES

By Kathie Morrissey of *The Character Corner*

Actions:

Spend time with them; let them know you want to be with them.

Randomly bring them a little treat or surprise.

Write them notes.

Be excited about their ideas and listen intently. They should feel like you are their biggest fan!

Be fun! Laugh when you are with them; let them know you enjoy them.

Be fair.

Treat them with honor and respect.

Show affection; depending on their age, give tickles, hugs, pats, etc. Even your teens enjoy hugs!

Put your cell phone away, or close your laptop when they are with you, and give them your undivided attention.

Words:

Praise them.

Brag on them to your spouse or Grandma/Grandpa when they can hear you.

Tell them what you like about them. Affirm them with your words.

Look for opportunities to encourage; focus more on the efforts and improvements, than the failures.

When was the last time you told your child something you liked about them?

When was the last time you praised them for something they did, or how they did it?

All kids LONG for their parents' approval, and when they feel that approval and acceptance on a regular basis, it will keep their eyes shining!

What have you done or said today to affirm your kids, and keep that light in their eyes?