

# 30 Ways in 30 Days to Show Your Child They Matter



1. **Whisper “I love you” in their ear before bed.**
2. **Leave a surprise note in their lunchbox or on their pillow.**
3. **Give them a warm hug and hold on a little longer than usual.**
4. **Ask about their favorite part of the day and really listen.**
5. **Start a ‘secret handshake’ that’s only between the two of you.**
6. **Dance together to a favorite song.**
7. **Bake or cook something special just for them.**
8. **Take a few extra minutes at bedtime to read a story of their choice.**
9. **Leave a small drawing or sticker where they’ll find it.**
10. **Tell them one thing you admire about them.**
11. **Create a cozy fort together with blankets and pillows.**
12. **Write ‘I love you’ with sidewalk chalk outside.**
13. **Give them a silly nickname for the day and use it often.**
14. **Compliment them in front of others when they’re within earshot.**
15. **Share a story about something funny or sweet they did as a baby.**
16. **Spend a morning doing something they love.**
17. **Set up a mini ‘spa day’ with them – paint nails, face masks, etc.**
18. **Make a ‘coupon’ for something special and give it to them.**
19. **Snuggle under a cozy blanket and just relax together.**
20. **Give them an ‘I love you’ kiss on each cheek, nose, and forehead.**
21. **Let them teach you something they’re excited about, like a game or dance move.**
22. **Take a photo together and tell them how much you love having memories with them.**
23. **Sing a silly or heartfelt song to them, even if it’s out of tune.**
24. **Tell them something you’re proud of about them.**
25. **Plan a mini adventure, like a treasure hunt around the house.**
26. **Draw a heart on their hand as a reminder you’re always there for them.**
27. **Make up a bedtime story with them as the main character.**
28. **Listen to their favorite music and have a mini dance party.**
29. **Help them with something they find challenging, like homework or a puzzle.**
30. **Say “I love you” first thing in the morning and last thing before bed.**

