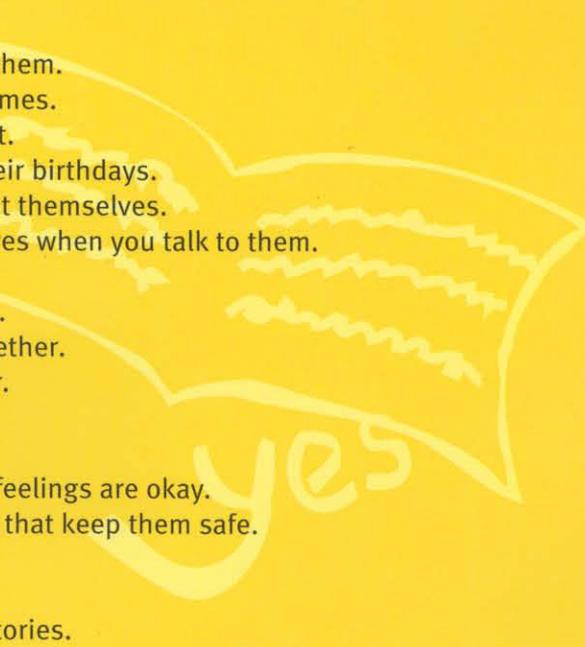




# 150 WAYS TO SHOW KIDS YOU CARE



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- 1 Notice them.
  - 2 Smile a lot.
  - 3 Acknowledge them.
  - 4 Learn their names.
  - 5 Seek them out.
  - 6 Remember their birthdays.
  - 7 Ask them about themselves.
  - 8 Look in their eyes when you talk to them.
  - 9 Listen to them.
  - 10 Play with them.
  - 11 Read aloud together.
  - 12 Giggle together.
  - 13 Be nice.
  - 14 Say yes a lot.
  - 15 Tell them their feelings are okay.
  - 16 Set boundaries that keep them safe.
  - 17 Be honest.
  - 18 Be yourself.
  - 19 Listen to their stories.
  - 20 Hug them.
  - 21 Forget your worries sometimes and concentrate only on them.
  - 22 Notice when they're acting differently.
  - 23 Present options when they seek your counsel.
  - 24 Play outside together.
  - 25 Surprise them.
  - 26 Stay with them when they're afraid.
  - 27 Invite them over for juice.
  - 28 Suggest better behaviors when they act out.
  - 29 Feed them when they're hungry.
  - 30 Delight in their discoveries.
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- 31 Share their excitement.
  - 32 Send them a letter or postcard.
  - 33 Follow them when they lead.
  - 34 Notice when they're absent.
  - 35 Call them to say hello.
  - 36 Hide surprises for them to find.
  - 37 Give them space when they need it.
  - 38 Contribute to their collections.
  - 39 Discuss their dreams and nightmares.
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40 Laugh at their jokes.

41 Be relaxed.

42 Kneel, squat, or sit so you're at their eye level.

43 Answer their questions.

44 Tell them how terrific they are.

45 Create a tradition with them and keep it.

46 Learn what they have to teach.

47 Use your ears more than your mouth.

48 Make yourself available.

49 Show up at their concerts, games, and events.

50 Find a common interest.

51 Hold hands during a walk.

52 Apologize when you've done something wrong.

53 Listen to their favorite music with them.

54 Keep the promises you make.

55 Wave and smile when you part.

56 Display their artwork in your home.

57 Thank them.

58 Point out what you like about them.

59 Clip magazine pictures or articles that interest them.

60 Give them lots of compliments.

61 Catch them doing something right.

62 Encourage win-win solutions.

63 Give them your undivided attention.

64 Ask for their opinion.

65 Have fun together.

66 Be curious with them.

67 Introduce them to your friends and family.

68 Tell them how much you like being with them.

69 Let them solve most of their own problems

70 Meet their friends.

71 Meet their parents.

72 Let them tell you how they feel.

73 Help them become an expert at something.

74 Be excited when you see them.

75 Tell them about yourself.

76 Let them act their age.

77 Praise more; criticize less.

78 Be consistent.

79 Admit when you make a mistake.

80 Enjoy your time together.

81 Give them a special nickname.

82 Marvel at what they can do.

83 Tell them how proud you are of them.

84 Pamper them.

85 Unwind together.

86 Be happy.

87 Ask them to help you.

88 Support them.

89 Applaud their successes.

90 Deal with problems and conflicts while they're still small.

91 Chaperone a dance.

92 Tell them stories in which they are the hero.

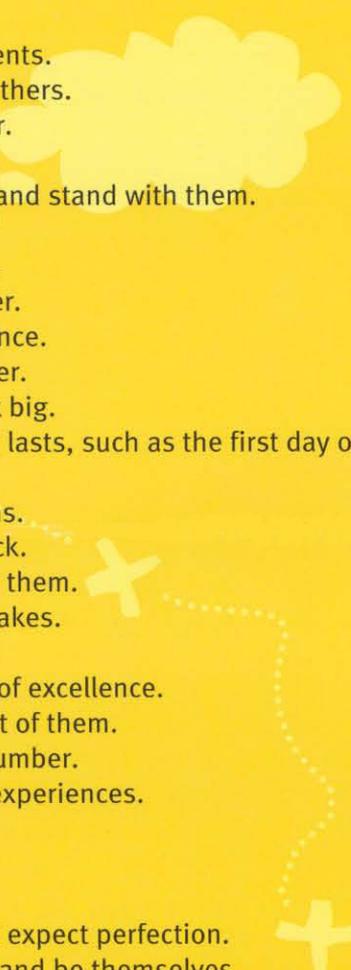
93 Believe in them.

94 Nurture them with good food, good words, and good fun.

95 Be flexible.

96 Delight in their uniqueness.

97 Let them make mistakes.

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- 98 Notice when they grow.
  - 99 Wave and honk when you drive by them.
  - 100 Give them immediate feedback.
  - 101 Include them in conversations.
  - 102 Respect them.
  - 103 Join in their adventures.
  - 104 Visit their schools.
  - 105 Help them learn something new.
  - 106 Be understanding when they have a difficult day.
  - 107 Give them good choices.
  - 108 Respect the choices they make.
  - 109 Be silly together.
  - 110 Hang out together.
  - 111 Make time to be with them.
  - 112 Inspire their creativity.
  - 113 Accept them as they are.
  - 114 Become their advocate.
  - 115 Appreciate their individuality.
  - 116 Talk openly with them.
  - 117 Tolerate their interruptions.
  - 118 Trust them.
  - 119 Share a secret.
  - 120 Write a chalk message on their sidewalk.
  - 121 Create a safe, open environment.
  - 122 Be available.
  - 123 Cheer their accomplishments.
  - 124 Encourage them to help others.
  - 125 Tackle new tasks together.
  - 126 Believe what they say.
  - 127 Help them take a stand and stand with them.
  - 128 Daydream with them.
  - 129 Do what they like to do.
  - 130 Make decisions together.
  - 131 Magnify their magnificence.
  - 132 Build something together.
  - 133 Encourage them to think big.
  - 134 Celebrate their firsts and lasts, such as the first day of school.
  - 135 Go places together.
  - 136 Welcome their suggestions.
  - 137 Visit them when they're sick.
  - 138 Tape-record a message for them.
  - 139 Help them learn from mistakes.
  - 140 Be sincere.
  - 141 Introduce them to people of excellence.
  - 142 Tell them what you expect of them.
  - 143 Give them your phone number.
  - 144 Introduce them to new experiences.
  - 145 Share a meal together.
  - 146 Talk directly together.
  - 147 Be spontaneous.
  - 148 Expect their best; don't expect perfection.
  - 149 Empower them to help and be themselves.
  - 150 Love them, no matter what.

FOR MORE INFORMATION ON HOW TO HELP YOUNG PEOPLE SUCCEED, CALL:  
**800-888-7828**