

Find babysitters on Care.com >

19 Easy Ways to Show Your Kids You Love Them

Stephanie in Scotch Plains, NJ
Nov. 16, 2017

Experts say that children who feel important and worthy have higher self-esteem and a more positive outlook on life.

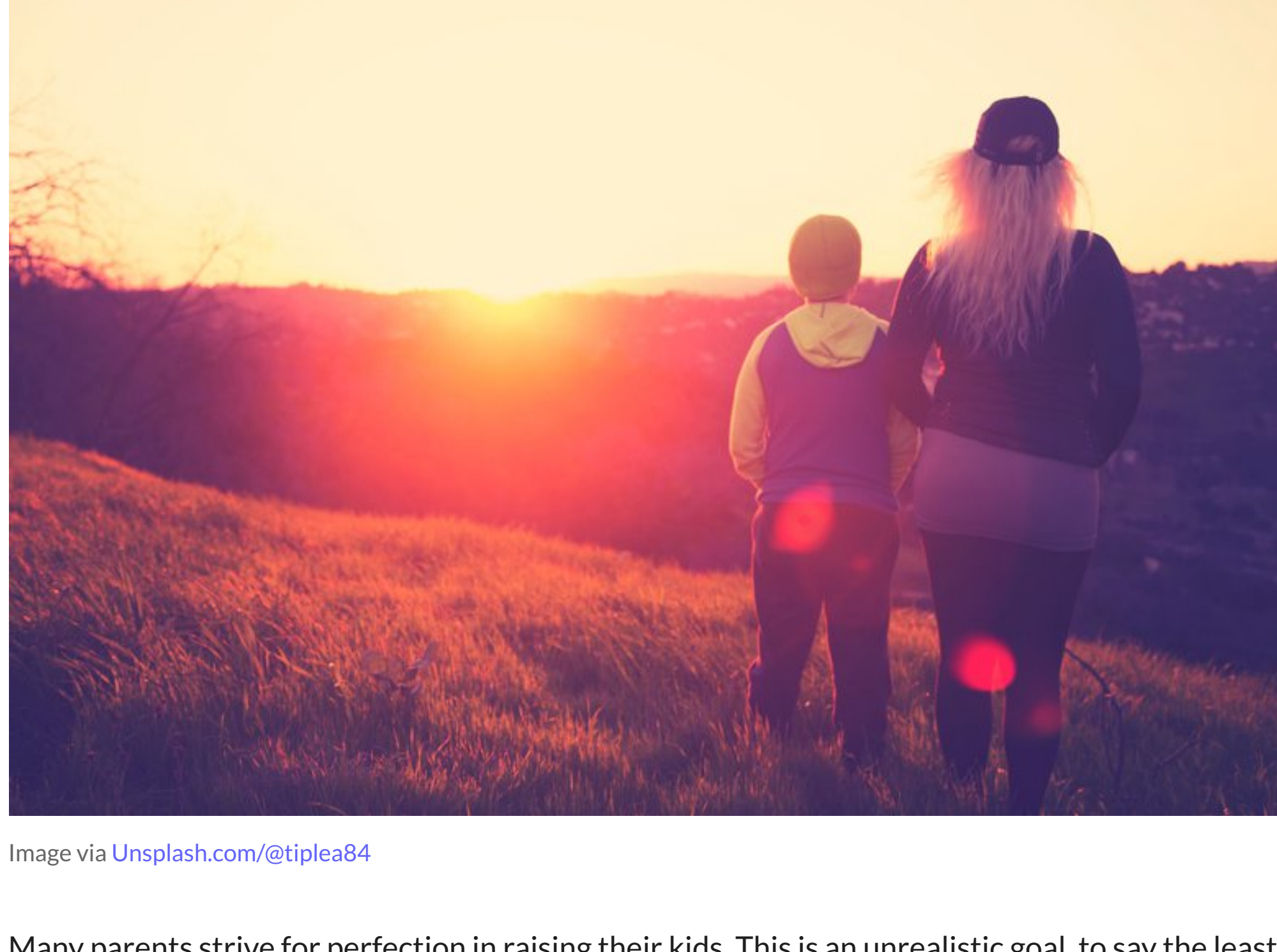


Image via Unsplash.com/@tiplea84

Many parents strive for perfection in raising their kids. This is an unrealistic goal, to say the least, and it's not how mom and dad should be focusing their efforts.

Making all the right decisions, doing all the right things and being infallible -- that's not what children need from their parents and it's not what they want. They just want to be seen, valued and loved unconditionally.

According to child psychologist Dr. Robert Myers, children who feel important and worthy have higher self-esteem, a more positive outlook on life and healthier relationships. He also points out that these children tend to have an easier time handling conflict, are more respectful of others and are generally more well-rounded individuals.

"When kids feel valued, loved, heard and respected, they develop an identity based on these responses," wrote licensed child and adolescent therapist [Támara Hill](#) in her [PsychAlive](#) article, "6 Things Kids Need From Adults to Feel Valued." "Most children don't demand much. They simply want to have a place in the world and in the lives of those they love."

As parents, we have the power to show our children just how much they matter to us -- in what we say, in what we do and in how we act. In fact, in my 14 years of being a mom, I've seen firsthand the positive impact that my behavior has on my children's sense of self-worth.

Here are 19 super simple things that I try to do regularly to show my kids how much they mean to me:

1) Tell Them You Love Them

This one's at the top of my list simply because it's the easiest and most powerful way to let your kids know how much they matter to you.

Hug them, kiss them and tell them "I love you" every single day. You can even say how lucky you feel to be their parent -- and say it often. These seem like such little things, but for kids, it makes a world of difference to hear their parents express genuine affection for them.

2) Ask Them About Their Day

Always ask them about their day to show them that you're interested in what goes on in their lives -- the good, the bad and the ugly.

3) Give Them Your Undivided Attention

When you ask them a question, or when they're trying to tell you about something, make sure to give them your undivided attention. Put the phone down and look them in the eyes as they're speaking.

4) Give Praise When Praise Is Due

Praise them when they've done something worthy of praise. Tell them you're proud of them for even the smallest of accomplishments.

5) Say "You" More

Make a conscious effort to begin or end sentences with the word "you." "You are funny," or "I like reading books with you." This is a subtle way to ensure the focus of your words is on them.

6) Remind Them of Their Strengths

Regularly remind them of all of their good qualities, and encourage them to continue honing those strengths.

7) Spend More Quality Together

Take some time to engage in one-on-one activities. They don't need to be anything fancy: a simple walk will do. Even if it's only for a short time, it's quality time that you're dedicating to them.

8) Set Clear Boundaries

They may not like them, but they respect them -- and they know they need them.

9) Laugh With Them

Laughter isn't only the best medicine -- it's also the best way to bring people closer together. Sharing in an experience that makes you both laugh reinforces and strengthens your connection to each other.

10) Show Up

Attend their extracurricular activities as often as you can. Even if you can't stay the whole time, just showing up speaks volumes.

11) Push Them -- But Not Too Hard

Encourage them to try harder, while acknowledging the progress they've already made.

12) Respect Their Space and Their Feelings

...Even when you can't relate. Letting them know that you hear them is all that matters.

13) Know What's Going On at School

Try to forge relationships with their teachers, and keep yourself apprised of what projects and assignments they're working on. Let them know that you're around if they need help with homework, and if something is beyond your knowledge, don't be afraid to hire a [tutor](#) or homework helper to step in.

[RELATED: "[Do You Need a Homework Helper?](#)"]

14) Don't Talk Down to Them

They may be little, but they're still humans and deserve to be treated with respect.

15) Know Who Their Friends Are

Make the effort to actually know their friends' names -- not just, "That girl with the blonde hair" or "That kid who wears a lot of purple." And make sure to ask about them often.

16) Let Them Into Your World

Open up and give them a glimpse into your own vulnerabilities (when appropriate). Just make sure you're still respecting the boundaries that you set, and that you're not "oversharing." At the end of the day, you're still the parent, and they're still the child.

17) Ask Them What They Think

Ask for their opinions on things and respect their ideas. You don't have to agree with them on everything; the important part is to make them feel heard.

18) Be Patient With Them

Forgive them for their mistakes and remind them that you make mistakes, too.

19) Acknowledge When You're Wrong

If you make a mistake or are wrong about something, don't be afraid to say "I'm sorry." Not only will they appreciate your self-awareness and humility, but they'll also be more likely to learn from your example.

Tips and stories from parents and caregivers who've been there.

Sign up for our newsletter

- [Kids health & safety](#)
- [Being a parent](#)
- [Relationships](#)
- [Child care](#)

Load comments (1)

- You may also like
- KIDS HEALTH & SAFETY

Why exercise is important for kids
 - BEING A PARENT

50 best kids' movies on Netflix
 - RELATIONSHIPS

14 ideas for date night at home
 - CHILD CARE

When the 'nanny tax' applies to a babysitter
 - KIDS HEALTH & SAFETY

Experts say kids are getting too much screen time -- but parents are refusing to be shamed
 - BEING A PARENT

Fighting in front of kids: How to resolve conflicts with your partner more effectively
 - RELATIONSHIPS

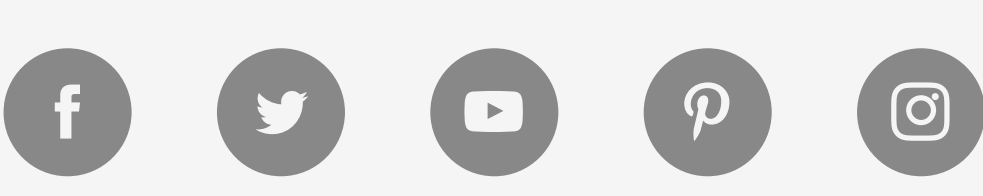
How to navigate relationships in an extremely polarizing political climate
 - CHILD CARE

Biden's plan for caregivers: What you should know, according to experts

How much should you pay for a babysitter?

[Babysitting rate calculator](#)

Like 845K



- | | | | |
|--|--|---|--|
| <p>About Care.com</p> <ul style="list-style-type: none"> About us Careers Terms of use Privacy policy | <p>Get help</p> <ul style="list-style-type: none"> Safety Advice Help Center | <p>Popular Topics</p> <ul style="list-style-type: none"> Babysitters Nannies Child Care Housekeepers Tutors | <p>Discover</p> <ul style="list-style-type: none"> HomePaySM - Nanny Tax help List your business Care@Work - Benefits Programs Become an affiliate Care directory |
|--|--|---|--|