

FALLING IN LOVE WITH YOUR KIDS

February 14 is Valentine's Day - the day we express our love to our loved ones. You might also make this the day to start falling in love with your kids. You may say "But I already love my kids." I'm sure you do, but you also have to fall in love with them. There are nine basic ingredients for falling in

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EVENT:

TIME:

DATE:

PLACE:

AGENDA:

love with your kids. 1. Spend time together

Could you fall in love with someone if you only spent an hour a day together and during that time you were fixing dinner, folding the laundry or reading a newspaper. Probably not.

It's important to spend some focused time with your child.

When you set aside special time for your child he says to himself, "If my parents take this time to be with me, I must be important.' There are lots of ways of spending effective time with your children.

* Take them to a special place. You'll be creating a memory by sharing a special place.

* Make a date. A regular date with each child adds to their sense of security and satisfies their need to feel special.

* "The Spotlights on Me!" Spotlight your children on days other than birthdays or special occasions. Try an activity called "Star of the Evening" on that evening the child receives the family's undivided attention at a showand-tell session. The special child can talk about anything that is really of interest to him or her. At the end give the child a standing ovation.

2. Develop common interests.

Let children help at home to develop interests that may lead to something you both enjoy. I've always enjoyed sewing. When my daughter was very young she was allowed to create outfits for her stuffed animals and dolls. She has continued her interest in sewing and we made all her gowns for school events and she says we're going to make her wedding dress someday.

3. Play together.

One of the essential ingredients for falling in love is to have fun together. Having fun comes naturally to children, but most of us have to rekindle our playful inner child. Children like it when we lighten up and become playful.

4. Talk together.

Most parents "talk at" their children not "talk with" them. Many conversations are made up of talk such as, "Did you brush your teeth?" "Is your bed made?" "How was your day at school?" To talk with your child ask questions such as "Tell me about your trip.",

maintenance, and sixteen for growth. A hug can be as simple as a pat on the back, a simple squeeze, holding a hand, and cuddling.

6. Tell your children often that you love them.

Your children don't automatically feel loved simply because they are your children. They need to hear affirming statements such as "I love you just the way you are, I'm so glad you're my daughter". These affirmations need to continue even during the teenage years.

7. Treat your children as if they are the most important people in the world.

Treat your children how you would like them to treat you and others. Although children deserve the same kind of respect we give an adult friend, we often treat them like second class citizens. We talk down to them, embarrass them, order them around, and generally treat them disrespectfully. Even when we don't intend to, we build walls instead of bridges between our children and ourselves. Every time we criticize, embarrass or order them around, we cement another brick into the wall and they may eventually shut us out.

Give your unconditional love by loving your kids for who they are, not for what they do.

8. Create lasting memories.

Memories help children feel that they belong and that family is important. As a family take time to talk about traditions the family has and what new ones could be estab-



Lancaster Farming, Saturday, January 28, 1995-B11



Product Specialist TOPIC: Products of Excellence 1:45 PM - SEMINAR IV SPEAKER: Corp. Ralph E. Striebig -PA State Police TOPIC: WHAT'S THE LAW?? Information of vital importance to vou concerning legal weights, farm truck licensing, under-age drivers, equipment transportation widths, special hauling permits, etc.

SPEAKER: Dennis Hahn - Case IH

Once again we are privileged to host our Annual Customer Appreciation Day here at Binkley & Hurst Bros. As in the past we have endeavored to plan an event that will be both informatwe and entertaining. Issues of interest to our clients are being addressed in our seminars. Parts specials are in effect. A pork bar b que lunch will be served. Bring a friend and plan to spend the day.

1:00 PM -SEMINAR III



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