



You Can Never Show Too Much Love

For babies and children, love is a need as real as food, sleep or play. When you spend time with your children, snuggle and comfort them, you are helping them grow into confident, kind and capable people.



Babies

- Cannot be 'spoiled' by showing too much love
- Need to be held and will cry when hungry, bored or lonely
- Calm more easily when they can trust that caregivers will give them what they need
- Learn best from the people who love them, not videos, apps or 'learning' toys

Children

- Feel valued when you give them your full attention and really listen to what they have to say
- Feel more secure when rules and boundaries of behavior are clear
- Can only benefit when their parents play with them



Your child feels loved when you:

- Cuddle, caress, tickle and kiss
- Sing to your child or sing together
- Follow their lead when you play together
- Listen to what they want to tell you
- Are clear and consistent in setting and enforcing rules of behavior
- Show you respect their feelings when their feelings are hurt
- Let them make choices for themselves by offering two options you are happy with
- Give them a choice about the kinds of team sports or lessons they want to try

When you show your child that you care, you show them that they deserve to be cared about. Listen to them. Play with them. Love them. **The bond that you are creating now will last for a lifetime.**