

## **Transform children with affection**

A mother loves her child in so many ways throughout the day. There are the obvious things that may not scream "I love you" but that are fundamental to the loving role as a mother.

These are things like providing a loving environment, cuddling, feeding, clothing, and giving shelter to your kids.

It's a mother's privilege to love and provide for their child, but often we can be so busy doing this we forget to show love in little ways. Or, depending on our personalities, we can often get so busy showing love in these fundamental ways that we overlook the opportunities throughout the day to show love in simple ways.

Few simple ways to love your child every day.

- $^*\Delta^*$  Give them hugs (and don't let go too quickly).
- $^*\Delta^*$  Read them chapter books they can look forward to daily.
- $^*\Delta^*$  Leave a note in their lunchbox.
- $^*\Delta^*$  Give a kiss on the top of the head when you walk past.
- $^*\Delta^*$  Notice something they've put effort into.
- \*Δ\* Get eye level with your children when you're speaking to them.
- \*Δ\* Say "I love you and help them in all unexpected ways."

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