

February Newsletter



Five Powerful Ways to Show Love to Children

1

Verbal Affirmation: Building Self-Worth Through Words

- Offer consistent encouragement and praise
- Use specific compliments to reinforce positive behaviors
- Acknowledge efforts and improvements, not just results

Quality Time: Strengthening Bonds Through Shared Experiences

- Engage in activities the child enjoys
- Create regular one-on-one time for each child
- Be fully present during interactions, minimizing distractions

2

3

Consistency and Predictability: Creating a Safe Haven

- Establish and maintain routines
- Set clear, age-appropriate expectations
- Follow through on promises and commitments

**"There is no such thing as a perfect parent.
So just be a real one.
And love your kids for who they are."**

—unknown

4

Empathy and Understanding: Validating Emotions and Experiences

- Listen without judgment to the child's feelings
- Acknowledge the difficulty of their experiences
- Offer support and guidance in managing emotions

Active Listening: Fostering Open Communication

- Give your full attention when the child is speaking
- Use non-verbal cues to show you're engaged
- Reflect on what you've heard to ensure understanding

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Thank you



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