

Plan your stay.

After you have read the Points of Interest, look over the things you have learned. Pick something to work on this week with one of your children. Maybe you want to notice how your daughter likes to be loved. Maybe you want to take time out for a one-on-one with your son.

Map out the details of your plan. What exactly do you plan to do? When will be the best time? Do you need to do anything to prepare the child to take part in your new plan? Do you need to do anything to prepare yourself? For example, do you need to relax and plan to be calm in case your child does not respond positively to your efforts?

Decide some small thing you can do this week and write out your plan:

What you plan to do:

The best time to do this:

Ideas to prepare my child:

How I can prepare myself:

People who can help me:

Learn more about Loveland.

Loveland is so important! We hope you will have a great time there AND become an expert at finding your way around. Maybe you want more help to explore Loveland. If so, you might:

-read more about Loveland on the Parenting Journey web site:
www.arfamilies.org

-read a book about nurturing children such as
Haim Ginott's *Between Parent and Child*

-look for a class in your area on loving, nurturing, or love languages

-get ideas from another person who is very good at nurturing and loving

-get more ideas by going to the national extension family web site,
www.cyfernet.org, and searching on nurturing, loving children or languages of love

Have you made progress?

Do you want to be more effective at loving your children?

Do you have new ideas about how to show love effectively to your children?

Have you made a specific plan for something you plan to do?

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FCS 402

The Parenting Journey Travel Guide

Live in Loveland

Inside:

Would you like your children to...

-care about others?

-become kind and loving adults?

-have healthy relationships?

Don't start your journey without a map!
Pick up the Parenting Journey Map (FCS 240) to get an overview of the whole trip.

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Kindness, caring, healthy relationships...

All of this is possible for those who live in Loveland.. Nothing helps children become good people as much as being loved. Loveland may be the most important place on your parenting journey.

Living in Loveland...A Travel Guide

we often scold and criticize our children, they may feel bad and unloved. That's very discouraging for them! We may try to show our love for them, but we may show it in ways that they don't recognize. Would you like to be better at showing love to your children? Below are some ideas for showing love effectively.

In the boxes below, you can use the stickers or create your own mark to celebrate those things you are already doing well. You might also mark those things that you hope to improve in your relationships with your children. Use these marks to help you celebrate what you're doing well and to add more good things to your parenting journey.



Points of Interest

1. Show love effectively.

One of the best ways to do this is to learn each child's "language of love." Each person likes to be loved in a slightly different way. If you learn your child's preferences, you can show love more effectively.

Some children like to be **shown** love. Such children may want you to play games with them, buy them a gift or to make time to be with them, to take them for ice cream or repair their bikes.

Checkpoint
I know the ways my child likes to be shown love:

Some children like to be **told** that you love them. They want to hear words like: "I love you." "You're important to me." "I love to be with you." Some children enjoy notes that include words like these.

Checkpoint
I know the ways my child likes to be told of my love:

Some children like to be **held** and **hugged**. They love to be rocked, cuddled or snuggled.

Checkpoint
I know how my child likes to be held:

You can learn a lot about how a child likes to be loved by noticing how she shows love. You can notice what has helped him feel loved in the past. And you can notice what she asks for.

Of course, there are times when a child who normally likes to be hugged just wants you to help with an immediate need. The key to loving effectively is noticing what is important to the person you love and providing what he or she wants.



Checkpoint
Special ways each child likes to be loved:

My plan to show love effectively to each child:

2. Listen with your heart.

Do you remember the challenges you faced as a child? Do you remember feeling afraid or embarrassed? Do you remember feeling lonely or foolish?

Children live in a world where most people have more knowledge, experience and power than they do. They often feel powerless or self-conscious.

We can help them by trying to understand what they are feeling, by being patient with them as they learn and by showing understanding with their troubles. For example, if your child tells about being picked on at school, you can try to imagine what that is like for the child. You might then say something like, "That must have been very frustrating."

Emotional injuries are like physical injuries. Preaching and advising are not helpful. When a person is hurting,



3. Show kindness.

Children grow best if they get about five positive comments for each negative. That means that we need to be actively looking for the good in them and reacting to problems with kindness.

If a guest in our home spilled a glass of milk, we would not yell: "You clumsy fool! How could you be so stupid?" We would probably say, "Accidents happen. I'll grab a cloth to wipe up the milk." We would say kind things because we value the relationship.

When children make mistakes, we should respond in a kind way. It shows them that we value them. It is reasonable to have children wipe up the milk they spill, but it is not helpful to be angry with them or to call them names.

he or she needs our compassion. We can listen and try to understand.

This is one of the hardest things we ever do. We tend to deny or dismiss children's feelings: "It's not that big of a deal." But it is a big deal to the child. We can help children heal by trying to understand their feelings and by using words that show our understanding. One example would be: "I can see that you're upset."

Checkpoint
Comforting words I could use to respond to my children's pains and disappointments:

Checkpoint
I am prepared to respond to my children's mistakes with kindness.

One of the best things we can do for our children is spend time with each child doing something he or she loves to do. We might take a walk together, make a snack together, read a book together or simply listen to the child tell us about her day. When we gladly give time to each of our children, it assures them that we love them.

Checkpoint
My ideas for spending time with each child doing something she or he loves to do:

Loveland is the place we want to live.



Checkpoint
I feel prepared to effectively love my children.

Things to do in Loveland



Notice how each of your children likes to be loved. Come up with ideas that might help each child feel loved. Try out your ideas and notice how they work. Ask your children what they like to do with you. Listen to your children's concerns and worries. Do little things to show love to each child. Appreciate each child's efforts. Think about what it feels like to be that child.

Love them.