

## Showing Acceptance and Love for Your Child

By Scott Wardell

This parenting article will provide you with some “hands on” and “words on” methods of showing your child love and acceptance in a manner that also makes you feel good about parenting. We all know that action is sometimes more important than words. Demonstrating love toward your child comes in many forms. Below is a list of list of examples of acceptance and love that you can use as a parent.

- Accept your child as is. Don't try to make your child into another person that he or she does not want to be. It is common for children to strive to be someone different than their parents. It's also common for children become more like their parents, as they grow older. Love your child for who he or she is now!
- Attend your child's activities. You don't need to say anything. Just be there for them.
- Talk about the events, friends and things your child likes to do. Try to remember your child's friend's names. Ask questions like, “What's your friend Jenny been up to?” Or, “What's it like to play in a large band at school?” This demonstrates your interest and acceptance in the positive activities that your child is involved with.
- Compliment your child. Do not compliment in an artificial way, but in a way that really shows your love, thankfulness or interest. For example: “Tom, I really appreciate the way you let your brother borrow your stuff. You're a good example for your younger brother.” Or, “Sabrina, Wow! You really played a great game. You really hustled!” Try to open with a compliment or a positive statement prior to asking for your child to redo a chore. For example: “Thanks for helping with the dishes. I know you're in a hurry. I will help you get these done.”
- Ask your child for his or her opinion. Say, “Sara, your good at decorating, what color do you think would look good in this room?” Or, “Tim, can I put you and two of your friends in charge of making a decision on where to pile all that wood? I'm buying lunch when you're done.”
- Say, “I love you.” Say it and mean it! Say it for sure at the end of the day that did not go so well.

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