How to Say "I Love You"

Children need to hear a parent say, "I love you." **Rules** and **positive words** also say, "I love you and want to keep you safe and healthy." Use these tips to make every day special.

- Celebrate your child's successes. Tell him what makes him special. Help him take pride in being different.
- Set limits for your child's behavior. Set an example. Let her know what you expect. Teach a needed **new skill** when she breaks a rule. When you hit, slap, or smack, you teach your child to do this to others.
- Keep your child's immunizations up to date.
- Find a doctor for your child. Take him to the doctor for well visits and when he is sick.
- Keep your child away from smoking. Second hand smoke is harmful.
- Read to your child every day. It teaches her how to use words and actions to share her ideas and feelings. It helps her want to learn to read.
- Childproof your home. (See page 3.)
- Buckle up when riding in cars.
- Put a helmet on your child when she rides a bike, skateboard or skates.
- Know what your child sees and hears on TV, in music and at movies. What kids see and hear affects them.
- Serve whole grain breads and cereal, meat and fruits and vegetables. Provide several food groups at every meal. Feed less processed food to your children.
- Visit your child's school. Ask your child about her school day. Listen to what she has to say. Tell her you value school.
- Talk with your child about the dangers of tobacco, alcohol and drugs. Discuss misleading messages in ads.

Give your child a gift that will last a lifetime. Make your home safe, healthy and happy.

Information taken from the American Academy of Pediatrics website at www.aap.org

Call the Parent Help Line. We listen. We can find you help.
1-217-544-5808 or 1-888-727-5889 from 10 a.m. to 10 p.m. , 7 days a week.

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