



# How to spend quality time with your children

How often do you tell your child that you love them and show them that they are loveable? It is vital that your child knows that they are loved every day and it is not enough to hear it, they must feel it.

In addition to telling them that you love them, consider the following:

## Kisses and hugs

Kisses and hugs are a great way to show and make someone feel that they are loved but remember, the person who initiates the hug, ends the hug; they will let you know when they have had enough...no matter how old they are!

## Buy a stack of post-it notes

Buy a stack of post-it notes and write a little message about your child on one and stick it to the inside of their lunchbox to find later in school "You are more special to me than you can ever know and I love you more and more each day"...as your child gets older you can send a surprise text message or email to them during their college/work day.

## Have a day out

Have a day out (or a morning/afternoon/evening) with your child that is just you and they and spend the time doing things that they like to do while connecting and talking together. This should be one to one time and it can be with Mum/Dad (ideally alternate so that your child gets this special time with each of you). This shows your child that you know the things that they like and are prepared to share in these with them.

## Plan your week ahead

Tuesday/ Thursday is story night; Friday is makeyour-own-desert night, football or outdoor play on Sunday afternoon. In this way time won't fly away with all your good intentions.

## Make a point of having dinner or breakfast together

Make a point of having dinner or breakfast together and don't be in a rush. Talk about your day and ask about theirs, what is everyone's best bit of the day and the day they wish they could do differently.



**Remember**

Children don't want stuff from you they want you your time... your presence is the best present you can offer. Take an hour to go for a long walk with your child and you will build communication and memories that last a lifetime and it won't cost you a penny.



# Joanna Fortune

For further information about this or other child development/behavioural challenges contact Solamh - Parent Child Relationship Clinic on 01-6976568 [www.solamh.com](http://www.solamh.com)

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