

## NEWSLETTER

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### LOVE AND KISSES

February 14 seems an appropriate day to talk about love.

Of course you love your kids! But are you sure they know it?

Every child needs at least one, preferably six (two parents and four grandparents) people who are absolutely, positively crazy about that child.

This is what we mean by UNCONDITIONAL LOVE. You love your children not because of their attributes like how smart they are, not because of their accomplishments like how many swimming trophies they get, not because of their appearance. You love the kid because of his or her unique self.

Every child needs to know that he or she is important to you.

Every child needs to be ACCEPTED. This means you figure out what the child's temperament and personality are and you accept them because you ain't going to change these basics. They come built into the child and are genetically determined.

Every child needs to be RESPECTED. This means no put-downs, no comparisons with siblings or other children.

Every child needs to be loved enough to be DISCIPLINED in firm, consistent, non-hurtful ways.

Every child needs loving parents who EXPECT THE BEST from them at home and at school.

Every child needs parents who love each other. It's healthy for children to see their parents hug each other.

Each child needs some undivided, focused ATTENTION from each parent every day. This means you and the child are together and you are not doing or thinking about anything else. You may be playing together, doing chores together, singing song, or reading but you are CLOSE and CONNECTED TO EACH OTHER.

Every child needs parent who love enough to say NO and know enough to

not try to substitute things for love.

Every child needs parents who love enough to give the child RESPONSIBILITIES around the house.

And finally every child needs daily demonstrations of this love which means HUGS AND KISSES liberally applied as often as possible.

Happy Valentine's Day!