



150 WAYS



to Show Kids You Care



1. Notice them.
2. Smile a lot.
3. Acknowledge them.
4. Learn their names.
5. Seek their opinions.
6. Remember their birthdays.
7. Ask them about themselves.
8. Look in their eyes when you talk to them.
9. Listen to them.
10. Give them time to play.
11. Read aloud together.
12. Help them find humor in situations.
13. Be nice.
14. Say yes a lot.
15. Tell them their feelings are okay.
16. Set boundaries that keep them safe.
17. Be honest.
18. Be yourself.
19. Listen to their stories.
20. Help them imagine their "future selves."
21. Put aside your worries and focus on them.
22. Notice when they're acting differently.
23. Present options when they seek your counsel.
24. Give them time to relax.
25. Reward them for hard work.
26. Be present when they're afraid.
27. Encourage discussions.
28. Suggest better behaviors when they act out.
29. Feed them when they're hungry.
30. Delight in their discoveries.



31. Share their excitement.
32. Notice their kindnesses to others.
33. Follow them when they lead.
34. Notice when they're absent.
35. Say hello.
36. Plan surprises.
37. Give them space when they need it.
38. Contribute to their collections.
39. Discuss their dreams and nightmares.
40. Laugh at their jokes.
41. Be relaxed.
42. Acknowledge that some problems take a long time to solve.
43. Answer their questions.
44. Tell them how terrific they are.
45. Create traditions and keep them.
46. Learn what they have to teach.
47. Use your ears more than your mouth.
48. Make yourself available.
49. Show up at their concerts, games, and events.
50. Find a common interest.
51. Help them become problem solvers.
52. Apologize when you've done something wrong.
53. Listen to their favorite music with them.
54. Keep the promises you make.
55. Wave and smile when you part.
56. Display their artwork and projects.
57. Thank them.
58. Point out what you like about them.



58. Point out what you like about them.

59. Clip magazine pictures or articles that interest them.

60. Give them lots of compliments.



61. Catch them doing something right.

62. Encourage win-win solutions.

63. Give them your undivided attention.

64. Ask for their opinion.

65. Have fun together.

66. Be curious with them.

67. Introduce them to others.

68. Tell them how much you like being with them.

69. Let them solve most of their own problems.

70. Meet their friends.

71. Meet their parents.

72. Let them tell you how they feel.

73. Help them become an expert at something.

74. Be excited when you see them.

75. Tell them about yourself.

76. Let them act their age.

77. Praise more; criticize less.

78. Be consistent.

79. Admit when you make a mistake.

80. Enjoy your time together.

81. Give them a special nickname.

82. Marvel at what they can do.

83. Tell them how proud you are of them.

84. Ask them about their "sparks"—those things that they love to do.

85. Tell them about your sparks and how you pursue your interests.

86. Be happy.

87. Ask them to help you.

88. Support them.

89. Applaud their successes.

90. Deal with problems and conflicts while they're still small.



91. Chaperone a dance or other activity.

92. Help them to learn more about their heroes.

93. Believe in them.

94. Nurture them with good food, good words, and good fun.

95. Be flexible.

96. Delight in their uniqueness.

97. Let them make mistakes.

98. Notice when they grow or change.

99. Acknowledge them when you see them in public.

100. Give them immediate feedback.

101. Include them in conversations.

102. Respect them.

103. Join in their adventures.

104. Support their schools.

105. Help them learn something new.

106. Be understanding when they have a difficult day.

107. Give them good choices.

108. Respect the choices they make.

109. Show your whimsical side.

110. Recognize the transitions that the child is making.

111. Make time to be with them.

112. Inspire their creativity.

113. Accept them as they are.

114. Become their advocate.

115. Appreciate their individuality.

116. Talk openly with them.

117. Tolerate their interruptions.

118. Trust them.

119. Respect their privacy.

120. Surround them with positive messages.



121. Create a safe, open environment.

122. Be available.

123. Cheer their accomplishments.

124. Encourage them to help others.

125. Tackle new tasks together.

126. Believe what they say.

127. Help them take a stand and stand with them.

128. Daydream with them.



- 129. Do what they like to do.
- 130. Make decisions together.
- 131. Magnify their magnificence.
- 132. Build something together.
- 133. Encourage them to think big.
- 134. Celebrate their firsts and lasts, such as the first day of school.
- 135. Encourage them to learn about new places and people.
- 136. Welcome their suggestions.
- 137. Show concern if they've been sick.
- 138. Help them manage their time.
- 139. Help them learn from mistakes.

- 140. Be sincere.
- 141. Introduce them to people of excellence.
- 142. Tell them what you expect of them.
- 143. Give their parents your contact information.
- 144. Introduce them to new experiences.
- 145. Encourage kids to support their peers' sparks.
- 146. Talk directly together.
- 147. Be spontaneous.
- 148. Expect their best; don't expect perfection.
- 149. Empower them to help and be themselves.
- 150. Love them, no matter what.



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