

THIRTY-THREE GIFTS THAT MAKE A DIFFERENCE

These are gifts that loving parents can give to their children



1. Sit quietly with your child and watch him/her. Have fun watching and learning!
2. Watch a DVD or TV show that your child gets to select. Enjoy it.
3. Put on music your children like and joyfully help clean up his/her room.
4. Take your child to a park and fly a kite together.
5. Make a list of five or ten traits you love/appreciate about your child.
6. Let your child overhear you bragging about him or her to a friend.
7. Buy a puzzle or a model that is age appropriate and put it together.
8. Make a scrapbook/picture album of just your child and his/her world.
9. Spend a day at the EXPLORATORIUM in San Francisco with your child.



10. Play a board game or card game with your child.
11. Take a day off from work and plan a parent-child play-date.
12. Write a card or love-letter to your child and mail it to him/her.
13. Ask your child to share a CD or game they like with you. Enjoy it!!
14. Ask your child to make (or share verbally) a list of 5 ways they feel loved by you.
15. Give your child real hugs... more than they ask for... and let him/her end them.
16. Read a book with your child. (Note; studies show that you reading 'to the child' is just as helpful as having the child read to you)
17. Ask your child each week how things are going for them. Really listen to their answer!
18. Help your child redesign their room. Help them manifest that dream.
19. Start a journal of "love-letters" to your child. Write in it often about how much you appreciate being their parent
20. Ask your child to share or teach you something they know. Listen appreciatively.



21. For children over the age of nine, tell them about some of what YOU are learning.
22. Set clear and appropriate rules about bedtime, etc. Be lovingly firm and consistent about enforcing rules.
23. Check each day within yourself to see if there is anything you need to apologize to your child for doing. Apologize sincerely.
24. Model for your child a person who gets enough rest and takes good care of himself/herself.
25. Introduce yourself to your child's teacher/teachers. Let the teacher's and counselors know that you are an actively involved parent. Be appreciative of the school.
26. Establish clear and understandable expectations about age-appropriate family chores for your child. Be lovingly firm and consistent about these.
27. Give your child back-rubs when they are going to sleep.
28. Help your child set reasonable report-card goals. Write them down.
29. Help your child create *UN-BIRTHDAY PARTIES* at your home. Invite your child's friends to bring a gift (given out by lottery) and play games at the party.
30. Always BE the president of your child's fan club. Even when you are upset, even as you discipline them, remember to appreciate your child as a wonderful human being with your words and actions.
31. Share stories and pictures of your childhood with your child.
32. Teach your child how to prepare a nice dinner for the family. Put on some music and enjoy the process. Be appreciative of the efforts, not the results!!
33. Grocery shop with your child for healthy snacks that your child can enjoy at home. Teach him/her how to cut up fruit as a snack.



IDEA ABOUT USE OF THE 33 GIFTS: Put this list up in your home, and mark off each time you give your child one of the gifts.

Do not expect an immediate reward. Nevertheless, giving the gifts above will make a difference.

PERSONAL EVALUATION: If you can do 25 of these in a month, you are really "on track" as a loving parent.

