



Expressing Your Love and Acceptance



You play an important role in helping your child feel accepted and valued. You can do this by showing appreciation and admiration for their unique traits. That said, showing love and acceptance to your child does not mean accepting all of their behaviours. When your child misbehaves, focus on addressing their behaviour without putting them down. You can still show love and acceptance by validating their feelings. This lets them know that you understand how they feel and why they behaved the way they did.

There's no one right way to show affection to your child, as long as they feel loved and cared for. Adjust how you show affection as they grow, and as their preferences change.



Tips

1 If you and your child are in a disagreement or if you have to discipline your child, let them know that you still love and accept them for who they are.

2 Help them understand that it is okay to make mistakes.

3 Offer words of encouragement at every opportunity, even if either you or your child is having a hard time.

4 Show affection in a variety of ways, such as smiles, high-fives, acts of service or spending quality time together.

5 Celebrate and affirm your child's efforts in overcoming difficulties.

Sample Conversations



1 I understand that you are angry, but we don't slam doors in this house. If you're angry and need space to calm down, let me know so we can find another time to talk about it. You know that I love you no matter what.



I should have done better in this exam! I am so stupid!



2 I understand that you are frustrated. Mistakes are part of life and do not reflect who you are as a person. They are opportunities for us to learn and grow. The next time you make a mistake, try asking "What can I learn from this?"

I just don't think I can do well in this subject.



3 It's natural to feel that way. **5** I am still very proud of you. You have put so much effort in preparing for this exam, even when it was difficult. **3** Even if the results are not what you expected, we can think about what you have learnt from this experience and plan how you can improve in the future. **4** I am here for you and want to help you through this. Would you prefer if I help you with your revision or if we go for a short break together?