

Kids need a safe, secure environment with adults who love and care for them in order to build strong self-esteem.

Not only do you need to *show* your children your love, you also need to *tell* them.

So we compiled some simple loving words and phrases to say to your children to give them a little boost!

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1. I LOVE YOU!

Surprise, surprise! These three little words are the simplest things to say, but it's seldom said enough.

2. I'M PROUD OF YOU.

This should be used often, especially when children overcome an obstacle in their young lives. It encourages them to strive for bigger and better things.

3. YOU DID GREAT!

Whatever it is, let them see your admiration for their effort.

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4. I'M GLAD I'M YOUR MOM (OR DAD)!

This helps boost your child's self esteem and lets her know she's loved.

5. I ADORE YOU.

This simple and uplifting phrase is sure to bring a smile to your child's face.

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6. YOU'RE THE APPLE OF MY EYE.

What could be more pleasing than that?

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7. THANK YOU!

This simple statement shows appreciation for your child's help.

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8. I COULDN'T IMAGINE LIFE WITHOUT YOU!

Your kids mean the world to you, so tell them!

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9. YOU'RE THE BEST DAUGHTER (OR SON) EVER!

Tell them what a great kid you think they are. And if you've got more than one, tell them what they're the best at in particular.

10. I ADMIRE YOUR HARD WORK.

Saying these words is powerful proof that you take notice about what your child is up to. When you show that you care, you'll inspire your kids to work harder!

11. I “HEART” YOU.

This makes a fun lunch box note.
Short and sweet!

12. I CARE FOR YOU.

Let your child know you care for and love her. She can never hear it enough.

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13. I CHERISH YOU!

Children are a special blessing.

Let your kids know what you specifically treasure about them.

14. MY DAY ISN'T COMPLETE WITHOUT A HUG FROM YOU.

Say this while giving a big bear hug!

15. I ENJOY SPENDING TIME WITH YOU.

Plan a family night or a “date night” and let them know how much you enjoy their company.

16. YOU MAKE LIFE FUN!

Let your kids know that family time is fun!

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17. TELL ME ABOUT YOUR DAY.

Ask about their day and tell them about yours. This sharing time is often the most important part of your day!

18. REMEMBER WHEN...

Reminisce about the past and re-live special moments in your kid's life.

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19. SING 'YOU ARE MY SUNSHINE.'

You'll both get a big smile out of it and your child will know you love him.

20. BE CAREFUL! YOU'RE IRREPLACEABLE.

Children need to know you're concerned for their safety and well being. Loving someone means you care what happens to them and your kids need to hear it.

21. YOU'RE A TREASURE!

It may seem silly, but telling your kids you value them makes them feel loved. Let them know they are more important than any material possession and that they are your special treasure.

22. ILY & 143

Text language for “I Love You.” It’s good to speak the kids’ lingo once in awhile.

23. U R GR8T.

More text language.

Translation: “You’re great!”

24. GIVE THEM A HUG AND A KISS.

Show affection to your kids often. When you do, tell them “I needed that!”

25. I LOVE YOU MORE EACH DAY!

You can never tell your children you love them enough. It helps to build self-confidence and self-esteem, and gives them a sense of self-worth. Tell them you love them again and again.

Children often want the simplest of things.

They want to be loved, appreciated, and cared for. You can show your children you love them, not only through actions, but by saying what they are longing to hear.

Taking the time to voice your love builds strong, self-confident kids who know how to express *their* love to others.