



Happy Valentine's Day



Teaching Your Child About Love

It can be difficult to talk to your child about love. Although at some point this needs to be a more in depth conversation, here are 10 easy activities to teach children about love.



1. Share the ways you like to feel love.

Find out how your child likes to feel loved by asking “How do you know when someone loves you?” Think about your own answers to this question also. Take turns sharing how each of you likes to be loved such as hugging, having someone’s help, or enjoying a game together. You may like to make a list under a self-portrait of each family member, sharing each person’s favorite ways to feel love.

2. Show your love for the earth.

When we care about the environment, we care for it as best we can. Collect trash on the street, gather up recyclable items in your home, or do some gardening outside. Explain how actions must go along with our verbal expressions of love. By showing loving actions and not just saying the words “I love you,” we are actually embodying the virtue. We can show love to everyone and everything around us by looking out for what each person or thing needs to be happy and healthy.

3. Make a list of people we love and people who love you.

Make a list or create a photo album of family members and friends. Use this list (or album) to remind your child that there are lots of people who care

for him/her. Discuss the idea of love being limitless – no matter how many people we love, there is always more love in our hearts. Love is endless to receive and endless to give.

4. Make a big “Love Heart.”

Explain to your child how a heart is often used as a representation of love because, like love supplies energy to people, the heart supplies blood to the body. This blood (love) allows us to live happily. Use masking tape or stones to make the outline of a heart on the ground. Have your child come up with ways to use the heart such as making it a race track, a collection area for stuffed animals or other favorite objects they love, or a place to sit in while they sing songs.

5. Create a “Love Dance.”

Love feels so good that we often smile, laugh, sing and dance when we are with those we love. Choose a song your child likes and make up actions or dance moves you can do together. Have a good time and savor the moments spending some time with someone you love. Being joyful helps us show and accept love. (You may like to use one of *these songs* for this activity!)



6. Talk about people you have met and the loving qualities they showed.

Ask your child to remember a time when they met someone new and what they noticed about this person. Talk about if they felt comfortable and how they became friends. You may like to take turns pretending you are each a new person the other is meeting, and role play how you can show love to new friends. Talk about how someone may look different than us – such as being a different age, speaking a different language, or having a *disability* – but we love every person because each of us is special.

7. Talk about unconditional love.

When we feel true love, we love each other no matter what – both in good times and in hard times. Ask your child to think about some difficult situations you have faced, such as missing a friend or not getting something they wanted. We should love ourselves and each other whether we are happy or sad, and be patient and forgiving even when someone makes a mistake. This is called unconditional love because we love each other under all conditions. You can extend this lesson by drawing pictures of many different conditions in life. For younger children this may mean different environments or weather conditions, such as rain, snow, desserts, or oceans.

8. Learn a sign that means “I love you.”

The sign for “I love you” in American Sign Language is the pinky finger, index finger, and thumb pointed straight (with the middle two fingers held down to the palm). Teach your child this sign or make up an original sign together for your own family to use to tell each other how much you love each other.

9. Play “Loving Actions.”

Take turns coming up with creative ways to show love (such as greeting someone, opening the door for someone, kissing boo boos, or offering a drink) which you can do as a game of silent charades. Basically this means you should act out your “Loving Action” without words so that the other people can guess what you are doing. You may like to use photographs to inspire ideas for showing love to different people such as grandparents, friends, teachers, and strangers. Sometimes we show love to different people in different ways and it is important to know the appropriate way for each person.



10. Make a card for someone you love.
 Ask your child who they would like to make a card for and talk about why they chose that person. Is that person kind to them? Do they enjoy spending time with that person? Think about how that person makes you feel and how we can try to display those same qualities to other people around us. Make a card for the person and arrange to get it to them by post or by dropping it off in person.

<http://www.momentsaday.com/activities-to-teach-children-about-love/>

Teen Dating Violence Awareness

Another important reason to teach your child about love is so they know what love should look like. Once children have the knowledge of what love is and isn't, they can better identify what they are experiencing in their dating lives. February is teen dating violence awareness month. Is your teen in a healthy relationship? Find out *here*.



Common Sense Parenting

2020 Class Schedule

<p>Session 1: January 7–February 11</p> <p>Session 2: March 3–April 7</p> <p>Session 3: April 28–June 2</p>	<p>Session 4: June 23–July 28</p> <p>Session 5: August 18–September 22</p> <p>Session 6: October 13–November 17</p>
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To register, please call 605.665.4811.

Classes will take place each Tuesday from 6PM to 8PM.

Child care is NOT provided during the class, so please make arrangements.

Pre-Registration is REQUIRED!

Classes will take place at Trinity Lutheran Church in Yankton at 403 Broadway Ave.

It is time to think about signing up for a session of this years classes. To the right you will find the dates and times of the sessions, how to register, and where classes take place. This is a great opportunity for **ALL** parents.

Common Sense Parenting classes help parents:

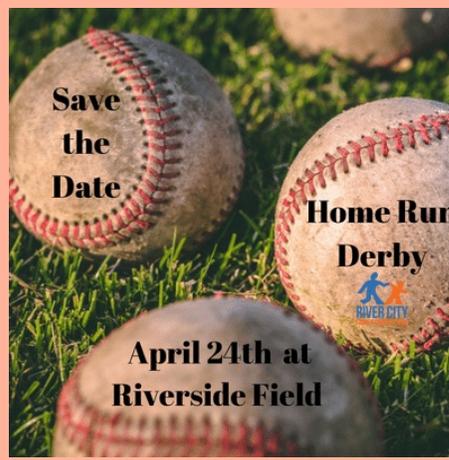
- Build strong, healthy relationships
- Correct and change problem behavior
- Minimize problems that disrupt family life
- Raise responsible, caring children
- Communicate effectively
- Avoid power struggles
- Control your emotions
- Balance discipline with affection
- Praise a child's good behavior

[Register](#)

Save the Date for our Home Run Derby and cow pie bingo. Yankton Community Members will compete in the home run derby while we will wait for Anna Belle Cow to "drop" in your bingo spot, making you the lucky winner. You won't want to miss the shenanigans of the derby or the fun twist on bingo.

Where: Riverside Field

When: April 24, 2020.



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