

# 30 WAYS

## to Show Kids You Care

The best way to raise happy, healthy children is to spend time each day showing you care.

**Hang this list on your fridge as inspiration.**

**Each day, choose one of these activities to do with a child.**

1. Color with your child
2. Give a hug just because
3. Build a blanket fort together and hang out inside
4. Say "I love you" at breakfast, lunch and dinner
5. Take a walk together
6. Let your child choose a game and play it with them
7. Catch your child doing something right and celebrate them with verbal praise
8. Plan a meal and cook it together
9. Read a book together
10. Tell your child a happy story from your childhood
11. Do a craft together, and don't worry about cleaning up the mess until the end
12. Pack a picnic and go to the park together
13. Take your child on a nature walk and play "I spy"
14. Put your phone and electronic devices in "time out" for one hour
15. Send your child a special card to open in the mail
16. Let your child pick out a picture of him or herself to put in a frame in your house
17. Ask your child where they would like to go and take them there
18. Pack a love note in your child's lunch
19. Stop everything for 20 minutes and do only what your child wants to do
20. Do a household chore together
21. Create a scavenger hunt for your child and a friend around your neighborhood
22. Do something kind for a neighbor together, like rake a lawn or bring them cookies
23. Go to the museum together
24. Take your child to the grocery store and work together to pick out the ingredients for a healthy meal
25. Color the driveway with chalk together
26. Play dress up together
27. Tell your child specifically what is unique or special about them
28. Offer a word of encouragement when your child tries something difficult
29. Finger paint together
30. Make funny faces together and laugh



THE  
**Starling  
Project**

The Starling Project is a community of individuals working together as a murmuration to keep children safe from harm. Join the community by posting a picture of you and the special child or children in your life with **#TheStarlingProject**.

Find more tips and resources at [starlingproject.kempe.org](http://starlingproject.kempe.org)

The Starling Project is a campaign of  
The Kempe Foundation

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The Kempe Foundation

FOR THE PREVENTION AND TREATMENT  
OF CHILD ABUSE AND NEGLECT

