

5 Things To Do With Your Kids Today to Show Them Love

Description

The choice to spend less time blogging about life as a stay-at-home dad and more time being a stay-at-home dad is proving to be a wise decision. There are so many wonderful things to do with your kids, and most don't require much effort at all.

[Being present](#) with your child when possible makes a world of difference. I know many parents work and have to have someone watch their kids all day, but the little things matter and make a big impact on your relationship with your children.

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Family team

Here are five things to do with your kids starting today that are simple, but will leave a lasting impression which will strengthen the parent-child bond.

1. **Tell them you love them.** No matter when, where, or the time of day, just blurt it out “[Insert child’s name], I love you.” They may not be old enough to truly understand or maybe they’re older and will roll their eyes, but those three words are more powerful than any of us know.
2. **Give them a hug.** Combined with number one, this will beat buying them the coolest toy on the market (only to become obsolete in a few months) and help you connect with your child on a new level. [Hugging increases oxytocin](#), known as the cuddle hormone, and works great with your partner too.
3. **Read to or with them.** Find a book, magazine, or just something with pictures to look at with your kid. Read or explain the pictures to them and ask them to point out certain words, letters, or pictures. If they need help, try giving clues first and praising them once they find the right thing or let them know it’s okay if they don’t and the important thing is that they tried. Knowledge is power and books are full of it!
4. **Simply sit beside them.** Have a chat, ask them how they are doing (even if they can’t respond), play with blocks, describe your surroundings, or just embrace them in silence. Your presence will mean the world to your little mini me. This can be your fallback plan if reading doesn’t go so well or combined after you’re done reading.
5. **Go on a walk.** If they’re still too young, push them in a stroller, but just getting outside with your little one has lasting benefits for the both of you. As a fan of keeping active, going on walks creates a healthy habit at a young age and is a perfect activity to do as a family. Fresh air promotes a sense of freedom and just makes you feel good. Depending on where you walk, it can be fun to explore new places or see familiar faces to socialize with.

Whether with your partner or not, these will stand the test of time as effective things to do with your kids to let them know you’re there for them and love them. Hopefully these easy tips give you something to do with your kids today, tomorrow, and every day. Going Mom and I do one or all of these every day and our family is stronger as a result.

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