

Play "remember when" at dinner or bedtime. Recount favorite memories from the past year. Share some of your favorite childhood memories with your child.

Tell your child certain characteristics and qualities you see in them from your family. "You get your focus from Daddy, and your kindness from Grandpa."

Surprise your child with a "Welcome home from school!" party. Blow up balloons, set out favorite treats, and write a card telling them how you look forward to seeing them each day.

The next time your child spills something, respond with, "That's ok, it happens. Can I help you clean that up?"

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