



100 Ways to Say *I Love You*

(without saying the words)



1. When your child is participating in an athletic event or musical performance, be there watching (quietly)!
2. Help your son or daughter learn a new skill like riding a bike, making a cake, or fixing a flat tire.
3. Walk together with your child some morning all the way to the school bus stop (or drive him/her every day for a month).
4. Leave “I Love You” notes in your child’s school lunch box.
5. Tonight, read a chapter together in your child’s favorite book.
6. Talk together about your favorite memories growing up.
7. Memorize a verse in the Bible together.
8. Have a family picnic next Sunday afternoon.
9. Sit in church together.
10. After your teenage son or daughter comes in from a date, have popcorn together by the fireplace.
11. Go through your old family scrapbook together and brag about how wonderful your child was at each age.
12. Bake and frost chocolate muffins before bed.
13. Listen to your child – with all your attention.
14. Sit down together and watch your child’s favorite TV show.
15. Save 10% of your best energy and take it home with you after work.
16. Forgive mistakes!
17. Have a water-pistol fight (let your kids drench you).
18. When your child is afraid – try to remember your own childhood fears and talk together about it.
19. Reminisce about your child’s toddler days – and say what a wonderful baby he or she was.
20. On the first cold day of autumn, make and drink hot chocolate together.
21. Say, “I’m proud of you!”
22. Once this week, prepare your child’s favorite dinner menu.
23. Have milk and hot cookies together after school.
24. Let your son or daughter select where you eat out (even if it’s McDonald’s again).
25. Pray together before bed.
26. Go to a roller skating rink and skate together.
27. Tell your child about the things you appreciate most about your own parents.
28. Build a small animal or insect cage together. Then go hunt together for something to put in it.
29. Have a family worship time after a meal – sing together, pray together, read Scripture together.
30. Make up and tell stories with your kids as the heroes.
31. Bring home your child’s favorite candy bar.
32. Dream together about a dream vacation – take it together.
33. Make a telephone call to your child, just to say you’re thinking of him/her.
34. Have a pillow fight together some night at bedtime.
35. Play games together like Old Maid, Concentration, Candyland, Sorry, or Pictionary.
36. Take a walk through the woods.
37. Make cookies together, then put them on neighbors’ porches, ring the doorbell and run.
38. Talk together about your favorite characters in the Bible. Why do you admire them?
39. Plant trees in your yard in honor of your kids (one for each).
40. “You are the best!”
41. Take a mission trip together (amazing!).
42. Give everyone five dollars and go shopping together (See who finds the greatest value).
43. Roast marshmallows together in the fireplace.
44. Shop together for a model plane or ship, then build it together.
45. Spend a special time praying for others – even those not related to your family.
46. Make a tree house together.
47. Listen appreciatively as your child practices their music lesson.
48. When you sense something is troubling your child, make a reason for a trip in the car alone with them.

49. Have a treasure hunt – at home, in the backyard, in the neighborhood – or a combination of all three.
50. Press your child's band uniform before each performance.
51. Go to court with your child when he/she pays their first speeding ticket. (Then forgive, discipline and restore.)
52. Stay up to talk together after your son or daughter's first date.
53. Keep a scrapbook of your child's awards, newspaper clippings, photos, etc. Get it out and look at it together.
54. Be there on the cold street to watch your child in the Christmas parade.
55. Play a sport or recreational activity together that your child can beat you at.
56. Invite your child's friends to your home to spend the night.
57. Know when report card day is, and ask to see it. (Look for everything positive!)
58. Show genuine concern when your child says they are sick and can't go to school. Take his temperature and ask if you should make a doctor's appointment.
59. When you shop for clothing for yourself, take along your child and ask for his opinion on what he thinks looks best on you.
60. After a discipline, tell your child, "Did you know I love you even when you are out of bounds?" Then give them a hug and pray together.
61. Ask for your child's opinion on a big family decision.
62. Never say, "I'm too busy."
63. Show your child where you've kept a special card or picture from him/her for a very, very long time.
64. "God was smiling when He gave me you!"
65. Give your child your full attention when they tell you what happened at school today, and provide a thoughtful response.
66. Volunteer to be a homeroom mom or dad on a special day at school.
67. Compliment your child's attempt to keep a tidy room.
68. Ask your child – with genuine and obvious sincerity – how their day was.
69. Show your child one of their baby pictures, and tell them why it's one of your favorites.
70. Help your daughter fix her hair in a special way.
71. Take your child out to breakfast (just you and him/her) before school.
72. Before a big event in your child's life (birthday, big test, competition) decorate his/her room with crepe paper and posters.
73. Take your child out for bowling or miniature golf and dinner afterwards.
74. Go on a bike ride around the neighborhood together.
75. Have a family slumber party in the family room in front of the fireplace (complete with treats and old movie videos on TV).
76. Send your child a fun balloon-o-gram at school.
77. Dry and brush your child's hair after a shower, and have a neat chat while you're doing it.
78. Always display (on the refrigerator or in another prominent spot) the artwork your child made at school.
79. Say "please" and "thank you" each time you ask your child to do something.
80. Listen to Michael W. Smith's or John Tesh's worship CD's together.
81. Give your child a hug when they are feeling down.
82. Smile when you are together, and be ready to laugh when your child does.
83. Fly a kite together – maybe even build one!
84. Say to your child, "Let's spend some time together, just you and me."
85. When your child is sick, stay up with them at night.
86. Give your child the freedom to fail. Remember, mistakes are never fatal.
87. Without being preachy, talk openly with your child about the dangers of substance abuse.
88. Leave a note of encouragement inside your child's favorite pair of shoes.
89. Talk frequently with your child about the truths in the Bible that you're enjoying in reading and meditation.
90. On a 'rough' day for the child, let a small forgotten chore go 'unnoticed' or do it for him/her.
91. Play basketball together. (Remember "Father of the Bride"?)
92. Serve your child breakfast in bed.
93. Don't be afraid to admit to your child when you're wrong.
94. Laugh together – cry together.
95. Remind your child often that they were made in God's image.
96. Put up a tire swing in the tallest tree around, and swing together.
97. Say something encouraging about your child in front of their friends.
98. Make up a secret code language, and write messages to one another.
99. Start praying now for the spouse your son or daughter will have someday. Pray that their marriage will be strong and Christ-centered.
100. Take time to make today special.