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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

10 Simple Ways to Say, "I Love You"

By Rondi Hillstrom Davis and Janell Sewall Oakes

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Share your love by giving of your time, not your pocketbook. What can you give your kids instead?

Here are 10 simple suggestions:

1. Slip a handmade valentine or a simple note into your child's lunch box.
2. Take a walk together in the woods or your favorite park.
3. Jot down a line from your favorite poem. Share it with family members.
4. Kiss your kids goodnight.
5. Read a chapter book together.
6. Have family dinnertime together.
7. Turn off the TV. Have a pizza night and rent and watch a movie together.

This year, instead of store bought Valentines, give the gift of time spent together.

What special Valentine tradition does your family share? Please let us know. Contact us at

info@togetherparenting.com

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Valentine's Day Cards – A Great Way To Say I Love You

By Nicola Kennedy

Nicola Kennedy has become an expert in giving

valentines day cards

that are appreciated. Visit her

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