

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

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

**7 Powerful Ways to Show Love to Children**

**By Steve Brunkhorst**

7 Powerful Ways to Show Love to Children

By Steve Brunkhorst

Our children are our most important legacy to the world. However, our love is our most important legacy to our children. Here are seven ways to show love that will help children build sturdy foundations for the future.

1. Spend Time with Your Children.

Time is the most loving gift we can give to our children. It allows for the mutual exchange of ideas, emotions, actions, and words that help our children develop and learn to communicate.

Enjoy a toddler's tea parties as well as a teen's ball games. Help your children build things and create art. Begin new family traditions that you can enjoy together each year. Ample time spent in mutually enjoyable activities will create memories you will always treasure.

2. Be the Primary Role Model for Your Children.

Children need examples to follow. Teach practical values to your children by modeling those values. Admit when you have made a mistake and apologize. Model being committed to the ideals you embrace. Demonstrate the advantage of integrity over peer pressure.

We teach and influence children more through actions than words. We are our children's first heroes; the ideals that we live today are the ideals that will influence our children throughout life.

3. Listen to Your Children.

A child's message is one of his or her most essential gifts. We build self-esteem in children when we show interest in what they have to say. Children need to communicate their pride of accomplishment as well as their needs.

## 7 Powerful Ways to Show Love to Children

Get down at eye level with very young children and listen with your eyes, ears, and heart. Listen most of all to the feelings conveyed through a child's eyes and expressions. If you listen to your children deeply, they will grow up listening deeply to you.

### 4. Provide Your Children with Loving Discipline.

Children need guidelines and safe boundaries without being constrained unnecessarily. They need to learn the value of being accountable for their choices and actions.

Let your children know that you disapprove of hurtful actions but will always love them as sons and daughters. Loving discipline enables them to recognize the best in other people. It allows children the freedom to explore the world safely and reach their highest potential.

### 5. Give Your Children Encouragement.

Encouraging words are powerful emotional deposits of confidence and self-esteem. Verbally acknowledge your children's special talents and accomplishments. Catch your children doing something great, and tell them what a great job they have done.

Children need to know that we recognize and support their hopes and dreams for the future. Encouraging children to grow mentally, emotionally, and spiritually provides the foundation for living a balanced life.

### 6. Share Your Experiences with Your Children.

We each have valuable stories to tell, unique maps of our journey through life. These stories tell how our reactions to events created the life we are living now. Sharing the benefit of your experiences -- the roadblocks and rewards -- is a very loving way to guide your children.

Your children may face many of the situations you faced. Your experiences can help them make informed decisions and avoid unnecessary mistakes. Among the most worthwhile possessions that we can someday leave for our children are journals filled with the stories that shaped our lives.

### 7. Love and Support Your Children Unconditionally.

Love is an unconditional gift from the heart; it is not a reward for good behavior. Let your children know that you will love and support them in any situation. This message creates a sturdy bond of trust. Your children will grow to feel safe in coming to you with any problem they face.

Children need the freedom to make decisions, try new things, and learn that life requires personal responsibility and persistence. They need the freedom to fail and learn from mistakes without being judged. Unconditional love helps them to acquire the decisiveness and resiliency required to become successful.

If you could sum up all of our children's needs, hopes, and expectations in one word, that word would

be love. We share love when we play a central role in our children's world of learning and discovery. Our legacy of love will have a guiding influence upon our children and grandchildren for many generations.

© Copyright 2005 by Steve Brunkhorst. Steve is a professional life success coach, motivational author, and the editor of Achieve! 60–Second Nuggets of Inspiration, a popular mini–zine bringing great stories, motivational nuggets, and inspiring thoughts to help you achieve more in your career and personal life. Get the next issue at

<http://www.AchieveEzine.com>

### **Counterfeit Love**

**By Joyce C. Lock**

#### **Counterfeit Love by Joyce C. Lock**

Some form of the word `love' exists in scripture 543 times and is, conceivably, one of the most abused, excused, and misused words in modern lingo, today.

I love your style. I just loved that show. I love the way you fix your hair! I love ice cream. Oh, I love what you've done with this room! I love you in that dress. I love it when you make me laugh.

I LOVE YOU ... unless I get hurt ... just don't ask me to help ... only when my needs come first ... though, not if it means listening to you ... barring when I can take credit ... when it's convenient ... if you love me ... as long as you do what I say ... but not your children ... unless you get in my way ... until I think of some good jokes at your expense ... except you put on a few pounds ... omitting when friends are around ... whenever it benefits me.

Let's make love. If you love me, you'll do it. Never mind that I'm sleeping with someone else, it's you I love. You're just stupid. You know I love you.

I love you, but I won't forgive you. I'm sorry for hurting you, again, but you know I love you. I told you once that I love you. That ought to be enough. What do I have to say to make you believe me? I (bleep, bleep) love you, all right? If I say I love you, then I love you. I can see others and still love you. When you measure up to my expectations, then, I'll love you.

Some speak most eloquent words of love. Fewer show it in their lives. But, whatever they speak, actions speak even louder.

Surely, God must prefer to disassociate from situations wherein people misuse words that describe His character. And, wherever He isn't, it isn't love.

It is impossible to love until we (know God and) begin to love others as He loves us, because God is love and it's His Spirit that loves through us (1 John 4:8, 12b–13). Anything less is counterfeit.

© by Joyce C. Lock

<http://our.homewithgod.com/heavenlyinspirations/>

This writing may be used in its entirety, with credits in tact, for non-profit ministering purposes.

Joyce C. Lock is a published author, poet, and columnist. In addition, she founded and maintains the e-mail ministries "Heavenly Inspirations" <http://groups.yahoo.com/group/HeavenlyInspirations/> and "Share a Smile" <http://groups.yahoo.com/group/smilesaring/>. Joyce's writings encourage us in our relationship with God and each other.



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)  
Menopause, Andropause And Other Hormone Imbalances  
Impair Healthy Healing In People Over The Age Of 30!**