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WAYS

TO HELP YOUR CHILD FEEL
LOVED INDIVIDUALLY



capturing joy

with Kristen Duke

Hi there!

I am so glad you are here.

We do a lot of adventures in our family as a whole. I am all about family unity, and I've shared another e-book on *10 Intentional Ways to Bring your Family Closer Together* ([download](#)), but it's also very important to give individual attention to each of our kids. I've got 4 kids, so my time is divided as such, and it's often quite challenging to give that individualized attention, but I wanted to share a few ways that work for me, in case it can help someone else out there.

♥ Kristen Joy Duke

1. GOLDEN DAY

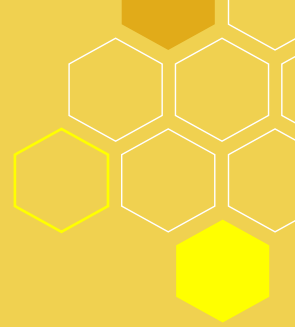


Golden day — I like to do something special on the day of the month that my child was born. I was born on the 7th, so each 7th is my golden day. In my family it works out that everyone has their own day spread throughout the month, so it's easier to do, but if you have duplicate days, you can always select a different day for a child so they can have individual attention. You can go on an outing, or even just have a one on one conversation looking at baby pictures, or for one of my girls, we have a once a month sleepover on the 12th each month (that her sister joins) and that's been a fun tradition. That just means I don't sleep as well that night because I join them in their room!

2. DISPLAY PICTURES

Display pictures — Yes, we have family pictures splattered all over the house, but individual pictures, or a shot by each child's bedside of just you and them, is very special.

3. FRAME ARTWORK



Frame artwork — What do you do with the pictures your kids bring home from art class? Find a way to display them, and bring a little extra ounce of joy to your child.

4. ONE-ON-ONE OUTINGS



One-on-One outings — This goes without saying that it is special time, but it's challenging to do. Plan ahead, make a schedule, and try to stick to it, for that one on one or two parents on one child conversation.

5. SPECIAL HANDSHAKE



Special handshake — It's self explanatory, but come up with a combo of hand moves/body shakes with your child that only you two do.

6. BACK SCRATCH

Back scratch — My kids **LOVE** this ... and my son will sometimes grab my hand and put it on his head so I'll scratch his head, too. Nothing says I love you like a back scratch.

7. SHOW UP AT SCHOOL EVENTS

Show up at school events — I used to think this was a no brainer, until I went to events and realized there were parents there that I knew could have been there, but just didn't feel like it. I'll admit, as time goes by, it gets harder to show up, but I feel it's non negotiable for me and my will power wanting to just stay home.

8. LUNCH JOKES!

Lunch jokes! — I've got hundreds of free print lunch jokes on my site, my kids **LOVE** them, and it's a small way we can stay connected while they are at school. Their classmates love them too, even the teens!

9. WORDS OF AFFIRMATION



Excited words of affirmation — I believe that greetings and farewells should be overdramatized. My I see my kids, I greet them with an excited “Hello, I missed you!” Often with my arms outstretched (if I’m not in the car picking them up). I believe in goodbye squeezes, too, and eye contact when parting with “I love yous.”

10. EYEBALLS!

Look when talking — I can't stress this enough. When your kids are talking to you, **LOOK THEM IN THE EYES**. I'm not 100% about this, but I aim to be at least 95%. Stop what you are doing and **LISTEN WITH YOUR EYES!!** It shows them that **THEY** are important to you, and even though what they are saying may not seem important, it is to them, and if you want them to come to you later with important things, then listen to the rambling about nothing-ness ... with your eyes.