



# 50 WAYS TO NURTURE YOUR CHILD

- Cradle her in your arms and feed her ice cream
- Cuddle him beside you and read I'll Love You Forever
- Tickle her back
- Rock him and sing "Jesus Loves Me"
- Bake cookies together
- Hold both her hands and say "I love you" with your eyes
- Hugs, hugs, and more hugs
- Rock him while he eats a Sugar Daddy lollipop
- Read Goodnight Moon at bedtime
- Massage her hands with lotion
- Sing "If You're Happy and You Know It" together
- Dance together
- Read The Very Hungry Caterpillar under a tree
- Go on a walk together and find 10 green things
- Cradle him in your arms while he drinks chocolate milk in a sippy cup or sports bottle
- Rock her and tell her a story about her childhood
- Swing on a porch swing together
- Make a Gratitude Journal together and write down 3 things each day
- Massage his feet with lotion and play "This Little Piggy Went to Market"
- Sing "The Itsy Bitsy Spider" and find a spider web together
- Read a Mother Goose rhyme each day
- Play "Weather Man" on her back - rain, wind, thunder
- Make play dough together and play with it
- Have a picnic on a blanket in the yard
- Skip together outside
- Push him on a swing
- Paint her fingernails
- Go on a walk and play "I Spy"
- Bake bread together and eat a warm slice with butter and honey
- Read The Little Engine That Could in a big, comfy chair
- Rock him and play "Peek-a-Boo"
- Cradle her in your arms and feed her little pieces of caramel like a mother bird
- Read Oh the Places You'll Go on the back porch, in front of the fire, or somewhere special in your home
- Build a blanket fort with him and enjoy popcorn inside
- Paint a pretty picture with face paint on her cheek
- Have a staring contest and use very loving, happy eyes
- Make a Christmas ornament together, no matter what time of year, and talk about how fun Christmas will be
- Sing "Five Little Monkeys Jumping on the Bed" while holding his hands as he jumps on a mini-trampoline or bounces on a ball
- Go on a scavenger hunt nature hike together
- Read a story from The Jesus Storybook Bible before bed
- Sing "Yankee Doodle" while bouncing him on your knees
- Bake muffins with her & sing "The Muffin Man"
- Cradle him in your arms and feed him a caramel coated green apple sucker
- Rock her and listen to the best part of her day and the worst part of her day
- Cook his favorite meal
- Use her Lego creation as a centerpiece for the dining table
- Drink hot cocoa together
- Play "Hair Salon" and play with her hair
- Go on a walk together and pick flowers for the table
- Cradle him in your arms and feed him yogurt