



You've Mailed It!

Showing love for our children and teaching them to share love with family, friends and the surrounding community are important forms of emotional support for all. Not only will healthy love help nurture your overall happiness now, it is a value skill for children to take with them as they grow, develop, and navigate through life.

Ask your child who they would like to make a card or letter for. Ask your child questions like "Why did you choose this person?" "Is this person kind to you?" "What do you love about this person?" "Do you enjoy spending time with this person?" "How this person make you feel?" Use these questions to create the card or letter with your child.

Some children may be able to write letters and words themselves. Other children may need your support, but may be able to draw and scribbles to share their love. Plan time together to mail the card or letter.

Learning on the Go!

- Driving in the car? Ask your child, "How can we try to display similar qualities in your card/letter with other people around us?"
- Shopping? Perfect! Walk to the greeting card aisle and allow your child to pick out a card of their choice for a family member or friend.

