

Relational Gesture Ideas

- Hot chocolate at our local cafe
- Mend bicycle
- A key ring with his name and meaning
- Allow their friend for a sleepover or suggest a sleepover
- Play a board game
- Watch your child playing sport
- Help tidy their room
- Watch their favourite TV programme together
- Share an activity which the child enjoys
- Give them a lift
- Buy a magazine and put it on their bed
- Spend extra time just listening to your child
- Text a nice message
- Send an e-card or card through the post
- Leave messages for them around the house to find
- Prepare a meal together
- Buy favourite biscuits, dessert or drink
- Cook their favourite meal
- Spend individual time with them
- Ask about her day
- Remember to tell them "I love you"
- Give praise for a task well done
- Say "sorry" if I have sounded irritable

