

Twenty Ways to Make Your Son Feel Loved

1. Stop what you're doing and really listen to him. Every boy has some things to say if we'll give him time.
2. Scratch his back. Nothing says love better than a back scratch.
3. Let him pick an activity the two of you can do together. Then do it.
4. Speak encouraging words of life to him. Name his gifts. Compliment him. The world will tear him down plenty, and a mom's words can make a huge difference.
5. Let him overhear you speaking well of him to someone else.
6. Hug him daily. He may outgrow the habit of asking you for hugs, but he will never outgrow needing them.
7. Bake his favorite cookies (or bread or whatever) for no reason except "because I love you."
8. Sit on the edge of his bed and give him space to talk or just feel the security of having you near for a few minutes. Be relaxed and unhurried.
9. Laugh at his jokes.
10. Find some good jokes to tell him.
11. Spontaneously stop for ice cream or something that might surprise him.
12. Blast some good music in the car and sing together.

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13. Encourage him to dream about his future and tell him you want to dream with him. Then listen and do not judge.
14. Buy him something that represents his growing up, such as a planner to organize his days or a tie or a good pair of running shoes. Show him that you see the young man emerging from within him.
15. Speak words of confidence about his future. Your sense of security makes him feel secure too.
16. Tell him an embarrassing story about when you were his age. Being able to laugh at your own childhood will help him see his in proper perspective.
17. Hold his hand. Give him a shoulder rub. Give him lots of physical love appropriate for his age.
18. Leave him a note of encouragement on paper, in a text, or in an email—whatever he will connect with most.
19. Take time to help him clean or redecorate his bedroom. Let him choose his own style or theme. It will make him feel grown up and responsible, and he will see your selfless concern for his space and happiness.
20. Put your phone (computer/device) away and just be with him, with no agenda. Your undivided attention speaks love to your son.

*For a printable version please visit
www.monicaswanson.com/20ways.*