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## Intentional Ways to Love Your Kids Right Now

Put down your phone.



Look them in the eyes when you talk to them.

Play their favorite game and be all in.



Say, "I'm so glad I'm your mom/dad!"

Cook their favorite meal.



Let them stay up past bedtime to snuggle or talk.

Write an encouraging note on their bathroom mirror.



Read their favorite story, even if you're tired of it.

Say, "I love you!" in the middle of a conversation, just because.



Lean in and listen.