In Just Five...Children, Love and Thankfulness
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Understanding the significance of loving and thankful gestures is a developing concept for children. When babies, toddlers and preschoolers receive consistent love and care, they are learning they can depend upon responsive adults to ensure their well-being and safety. As children become older, they can build upon such experiences and extend similar expressions of comfort and nurturing with pictures, words and deeds to family, peers and others.

This month is an ideal time to be reminded of how our teaching and behaviors influence the importance of love and thankfulness in children. Here are three resources you may consider:

- 14 Ways to Show Love for Your Child This Valentine's Day from the American Academy of Pediatrics
- How Can I Be a Good Parent? Show Your Love... from the American Academy of Family Physicians
- Raising a Thankful Child from Zero to Three

Do you have questions about other family and child care resources? Contact Caryn Jung, MS, Senior Coordinator by email or by calling (520) 621-9870. For information about elder care, contact Jan Sturges, M.Ed., LPC, Caregiving Coordinator by email or by calling (520) 626-4770.