



PROJECT HUG

A Conversation With Your Child



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LET'S TALK

PROJECT HUG

Project Hug is an exercise meant to help you build a better relationship with your child. Here's how it works:

One day, when you know that your child will be home in a few minutes, turn off your television, sit down on the floor in front of the television and just stare at the blank screen. When your child comes in, he or she will probably look at you weird and keep on walking. In a moment your child will come back in and will finally ask, "Mom, Dad, are you okay?" That is when you pat the floor in front of you and say, "Come over here and sit down with me, I want to talk to you."

Everything they have done in the past six months that they think you don't know about will cross their mind. This is the fun part. Pat the floor and say again, "just sit down here a moment". You may notice little beads of sweat popping out on their forehead or you might even have some confessions! After sitting there a moment, just look at your child and say, "You know, sometimes I get so busy and wrapped up in my own problems and challenges, I forget to tell you just how much I love you, how much you mean to me and how happy you make me." Then, lean over and give them a kiss — on the cheek, the forehead, whatever is comfortable. Yes, we are talking about that gangly-legged 12 year old, that smart-talking 15 year old and that 19 year old college fullback.

Now, don't just do this once. Make it an on-going, fun activity in your home. It will make a major difference in your relationship with your child.

Because one of these days, your child is going to hit an emotional wall. Things are going to come crashing down and what we want to happen is that they have the immediate thought, MOM, DAD. They will help me because they love me no matter what. We want this to be an immediate reflex when help is needed.

It is vitally important for our children to know that we love them. Don't **assume** they know, **make sure** they know.

Detach the card below and give it to your child. This card tells your child that at any time he or she needs to talk and doesn't know where to start, just give you the card.

I want you to know I will always be here for you. I Love You and there is no problem that we can't get through together. If you ever need to talk, but don't know where to start, just give me this card. I agree to talk with you without judgment. Regardless of what you say, I will do my best to remain calm. Remember, that I am also human. I may not always do or say the right thing or make the right decision, but I will always love you.