Better Parenting

Compliment Mom Challenge

Take turns finding warm, specific ways to compliment Mom.

Helps Your Child Grow

Communicating and Speaking

Taking turns to say why you appreciate Mom helps your child stay on one topic, express their own ideas, and - with a prompt - make each thought more complete.

Relationships with Adults

Expressing affection for Mom gives your child practice naming feelings, organizing their ideas, and building a positive family relationship.

Steps

- Before Mother's Day, play a family game about why you love Mom.
- Dad explains the rule: take turns sharing one reason, trying not to repeat an earlier answer.
- Dad begins with a specific example: "I love Mom's smile. Her eyes curve like little moons."
- Your child may mention her hair, cooking, or something kind she does. Each answer is a way to express affection.
- If your child needs ideas, ask about everyday moments: "Who helps find a lost toy?" or "What does Mom do when you share a favorite snack?"
- When an answer is brief, invite one more detail: "Mom takes you to the park - what do you like doing there together?"

Tips

- After naming many reasons you love Mom, remember the simplest one: she is Mom, and that relationship matters all by itself.
- Follow your child's idea to keep the conversation going. If they say, "Mom's cooking tastes great," ask, "Which dish that Mom makes is your favorite?"

Observations

- ○ Takes turns with you saying nice things about Mom
- ○ Expresses affection for Mom with words or a hug