



ABC Behavior Boosters for Parents

Appreciate the little things.

Brag about your spouse in front of children.

Communicate.

Drop what you're doing to greet spouse at door.

Encourage spouse often.

Flirt with each other.

Go on a date (no kids!) *at least* once a month.

Heat a towel in the dryer after running a bath for your spouse.

Initiate helpfulness/thoughtfulness.

Just have fun together.

Kiss for 5 seconds.

Let children stop what they're doing to run to the door to greet parent.

Men--put a rose, chocolate, or love note on her pillow.

Never go to sleep angry—work it out.

Open your arms.

Pray for spouse (relationship with God, wisdom at work, friendships, etc).

Quickly be willing to help—don't wait to be asked.

Read the Bible together.

Spend time praying together (marriage, kids, future, etc).

Tickle spouse's feet, then massage them.

Understand your spouse's needs and put them before yours.

Voice your opinions carefully and prayerfully.

Women--write a love note on a napkin in his lunch, or on the mirror in eyeliner.

Examine your motives and heart before you speak.

Yesterday, today, tomorrow...remember to say "I love you".

Zip your lips on disagreements until children are out of hearing range.