CELEBRATE
VALENTINE'S DAY

Valentine's Day is about showing love to others, making it the perfect opportunity to spread that love to your family. Here are a few ways to make the most of Valentine's Day for all the people you love!

LIGHT UP FAMILY DINNER. Have a special Valentine-themed family dinner. Put a fancy tablecloth (or even a brightly colored sheet) on the table. Make (or order) your family's favorite meal and plate it on your fanciest dishes. And most importantly, place a few lit candles (real or battery-powered) as a centerpiece.

START A LOVE CHAIN. Call a friend or family member and have each person in your house tell them why you love them. Then ask that person to continue the chain by calling someone and doing the same.

MAKE A PLAYLIST. In the days leading up to Valentine's, challenge your family to come up with the most epic love-song playlist ever (no sad songs allowed!). If your kid is too young to compile a list on their own, play a few songs from their favorite movies and shows and help them choose their favorites. Then, blast your family's lists in the car and at home on the special day.

DECORATE WITH PAPER HEARTS. At the beginning of the month, cut 20-30 paper hearts from pink, red, and white construction paper. Encourage each member of your family to write down reasons you love each other *(You are fun to play with, You give great hugs, You make me laugh)* on the hearts. Then, tape the heart to that person's bedroom door.

CHOOSE A SECRET VALENTINE. Have each person draw a secret Valentine from a hat (or bowl) filled with your family's names. (Feel free to include family or friends who don't live under your roof!) Then, come up with special ways to serve and surprise your secret Valentine during the week leading up to Valentine's Day!

FOR OLDER KIDS. Valentine's Day is a great time to write a letter to your teenage son or daughter and share what you admire about them. Be specific about good character traits and ways they make you proud. Leave it in their room with their favorite candy treat as a surprise!