



BUILDING HEALTHY HABITS

The Flavor of Love

Hey there, Parents and Caregivers,

February is all about love, but love isn't always simple. It comes in many flavors. Sometimes, love feels sweet—like a warm hug, a kind word, or a shared laugh. Other times, it can feel **tough**—when misunderstandings happen, when life pulls people apart, or when someone we care about struggles to show love in the way we need.

Love isn't just about romance—it's in how we care for our children, how we show patience in hard moments, and how we support friends and family. Love is in small acts of kindness, in the way we listen, and even in the lessons learned from tough times. **Love, at its core, is what gives life its deepest meaning.**

*But love is more than just a feeling—it's a choice. It's in how we move forward instead of staying stuck in hurt. **Forgiveness doesn't mean what happened was okay. It means we won't let pain control us.** When we forgive, we free ourselves. We become stronger because we choose love over bitterness, peace over anger, and growth over staying stuck.*

*Love isn't weakness. It takes real strength to love through hard times, to forgive, and to show up for the people we care about—even ourselves. **Love has the power to heal, to change us, and to set us free.***

So this month, let's explore the many flavors of love—how we give it, how we receive it, and how we teach it to our children.



Early Childhood/ HRL Preschool

Young children experience love in different ways, and as parents, we help shape how they understand it.

- **The Sweet Flavor of Love**
 - A hug, a bedtime story, or saying, "I'm so proud of you."
- **The Spicy Flavor of Love**
 - Teaching them right from wrong, even when they don't like hearing it.
- **The Sour Flavor of Love**
 - When things don't go their way, when they make mistakes, or when they have to wait for something—but knowing they are still loved.

Cool Fact: Teaching kids that love isn't just about feeling happy—it's also about kindness, patience, and learning from mistakes—helps them grow into strong, loving people.

Resource Family Corner

Family Activity: Cooking Up Love

Love and food go hand in hand—they both bring people together and make life better.

👨‍🍳 This month, cook a 'Flavor of Love' meal as a family. Pick a dish that has different flavors—maybe something sweet and salty (like honey-glazed chicken or chocolate-covered pretzels). While you cook, talk about how love comes in different ways, just like food!

- ☀ Things to talk about while cooking:
 - "When was a time someone made you feel really loved?"
 - "How do we show love at home?"
 - "Have you ever had to forgive someone? How did it feel?"

Remember: Kids don't always say "I love you" with words—they show it in little ways, like sharing their favorite snack or making you a drawing.

Love isn't always easy, but it's always worth it. Whether it's sweet, spicy, or even a little sour, love is what gives life its richest flavor. ❤️ Wishing you a February filled with love, warmth, and connection from the HRL team ❤️