

Top 7 ways to your toddler's heart this Valentine's Day

There is no greater love than a parent's. This Valentine's Day, show your little human just how much you care with these winning ideas from leading child behaviour experts.

1. Cook together



Getting your toddler involved in food preparation – such as adding ingredients for a batch of Valentine's Day cupcakes to a bowl and mixing them - is a fun way for them to engage all of their senses. And they'll love tasting what they helped prepare. Warning: there will be mess!

2. Walk on the beach



If the weather permits, going for a family walk on the beach, even in February, is a wonderful opportunity to get a little fresh air and exercise. Wales is blessed with some wonderful beaches and your little one will love exploring the rock pools, digging in the sand and splashing their wellie boots at the water's edge. Dangerous situations can happen quickly, so keep a close eye on your child.

3. Do something they love



Let your toddler lead play time. They don't have much control day-to-day in their routine so spending some one-to-one time playing, and letting them choose what toys or games they play with, will definitely go down well.

4. Have a picnic



Come rain or shine, a fun and healthy snack-filled picnic is a great way to shake up mealtimes. If the weather's fine, head to the garden or a park with some healthy snacks. If not, set up camp in your living room.

5. Get crafty



Toddlers love getting messy, so why not engage their creativity by making a Valentine's card? Crack open the craft box, experiment with heart-shaped potato stamps, or use crepe paper and glitter to ensure their creations have plenty of sparkle.

6. Play date



Arrange a play date with their favourite friend. Not only will they have lots of fun but it'll also help them develop important social skills, such as sharing and communicating.

7. Dance, dance, dance



They're too young to know how terrible a dancer you are: embrace it while you can before your Dad dancing becomes an embarrassment. Having a good dance is the perfect way to raise a smile this Valentine's Day. Pop on something upbeat and see if you can make each other laugh with your silliest moves.