



You Make My Heart Smile

If you were gone tomorrow, would your kids truly know how much you love them? That's what this song is about and that's what these questions are designed to help you communicate.

How this works:

Give the song to your kids. Play it for them or ask them to give it a listen. Ask them what they think about it. Maybe let some time lapse between giving it to them and talking about it. When the opportunity presents it, grab a couple of these questions and talk.

NOTE: I feel like this should be natural, casual, and not some "big deal" or "set time" thing. Let it happen in the context of life – of course, if you don't normally have time for your kids, you'd need to carve some out to do this.

Refer back to the song as needed. Along with the questions, you'll find what I call "DadMustard" – a little something that I hope can help us all become better dads. See if you can get through all the questions within the first week of listening – to reinforce the big idea.

Questions To Ask Your Kids

1. How does this song make you feel?
2. What does it make you think about?
3. If I told you I had written this song for you, how would you feel?
4. Do you know how much you mean to me? If I told you that you mean the world to me, would you believe me? (spend some time exploring this)
 - DadMustard: Does your life reflect them as a priority? If not, what is one thing you can do right now to change that?
5. Do you know that I love you?
 - DadMustard: Do you regularly tell them? Do you mean it?



6. Do you know that there is nothing you could do that would change my love for you?
 - DadMustard: This is critical for unconditional love. Can they believe this? This is a great reminder when you are punishing a child and they are angry with you – to remind them that even though you are upset about what they have done, it doesn't change how much you love them.

7. Do you know that I will always forgive you?
 - DadMustard: Your kids must absolutely know this if they are to trust you in ALL things. Again, another great thing to remind them in times of discipline.

8. Do you know how much I love spending time with you?
 - DadMustard: You may need to do this more or your words will be meaningless. Your actions have to be consistent with your words.

9. What do you think "You make my heart smile" means?
 - DadMustard: What made your heart smile when you were a kid? What memories of your dad made the most impact (and I realize these are not all nice memories).

10. DadMustard: Would your love lift your child's spirits when they are down? When their friends hurt them or things turn out bad, will the thought of your love revive them? How can you make your love known? How can you be sure they know you love them? Are there any steps you can take right now to move towards becoming that loving force in their lives? If you were to be gone tomorrow, would they hold on to the memories of your love?

11. DadMustardExtra: Go ask your wife the same questions you asked your kids.