

EMOTIONAL CONNECTION:

A parent's guide to the 5 Love Languages of children:

• **ACTS OF SERVICE:**

Propose to do something for your child (that they know how to do on their own).

Work together on a project.

Pick them up on time.

5 Love language is a concept created by Dr. Gary Chapman

• **GIFTS:**

Give them a flower or stone you found on your walk outside.

Leave them a picture frame of the both of you on their night table.

Buy them a voice recording teddy bear.

Have matching bracelets that you made.

Buy them a little something from a store when you are out.

Put their favourite snack with a little note in their lunch bag.

• **QUALITY TIME:**

Have "Special Time" together where we spend 1:1 time.

Ask them to come along with us when we go do errands.

Plan special events & trips together (picnic at the park).

Eat together as a family.

Reading, cooking, baking, walking together.

• **WORDS OF AFFIRMATION:**

Saying things such as:

-There is no other you in the entire world, how unique is that?

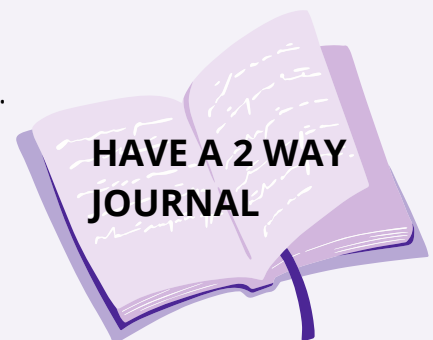
-I love you when you are upset, laughing, running or crying.

Nothing you do & don't do can change this love i have for you.

-I see you working on this puzzle/mixing these paint colours & creating new colours!How cool!

• **TOUCH:**

Hugging, kissing, cuddling, snuggling up together, massages, goodnight to every part of the body while we give it a kiss at bedtime.



EMOTIONAL CONNECTION:

Punishments are unloving towards our children, they happen to be the direct opposite of love languages.

- **ACTS OF SERVICE:**

When a child is told that they won't be helped because they did XYZ as a punishment.

- **GIFTS:**

When a child's item is taken away from them as a consequence for doing something "unacceptable".

When we tell a child they aren't getting a certain prize/gift because they didn't accomplish something that was asked of them.

- **QUALITY TIME:**

When we give a "time-out" where a child is separated from us because of something they did that was unacceptable.

When we walk away from our child & tell them it's because of their actions that we don't want to be with them.

- **WORDS OF AFFIRMATION:**

When a child is criticized, yelled, shamed & put down for having done something or not done something.

When a child is given the silent treatment.

- **TOUCH:**

When a child is pushed, grabbed or hit out of frustration & in order to control.

A child will be greatly affected by one punishment versus another because it's directly the opposite of their specific love language so the pain is that much more painful.