



# TO THE POINTE

PARENTING EDITION / SUMMIT POINTE - NUMBER 6



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## Love to Speak Your Language

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Have you ever thought to yourself. . . "Sometimes I just don't feel like I speak the same language as my kids?" The real answer is. . . maybe your child does speak a different Love Language than you do. Many people are unaware that it is possible to speak a different love language than those that you live with. I bet many of you are currently thinking "Love languages, what are those?" What a great question. Just like adults, children receive and give love in different ways. These ways can be broken down into five categories; acts of service, affirming words, gifts, quality time, and physical touch. (The 5 Love Languages of Children, by Gary Chapman.)

**Acts of Service:** This love language is expressed to our children through moments where the parent does something for the child that they could do for themselves. As parents it is important to remember that often times we are teaching our children about life in everything that we do. This love language takes this one step further by understanding that those acts of teaching often mean more to children who identify with this language. (Not only do they like to receive acts of service but often this is how they demonstrate their love to others as well.)

**Affirming Words:** Children who relate to affirming words as their love language most enjoy compliments. These words can focus on different areas such as personality traits, accomplishments, appearances, or any other area to which the individuals can relate. "I love your positive attitude!" Those who tend to fall into this category can also be great compliment givers as well.

**Gifts:** Children who identify with this love language appreciate tangible tokens of love. One of the downfalls to this love language is that a lack of gifts can often communicate a lack of love. The nice thing is that gifts do not have to be expensive or given every day. Children in this category often appreciate small tokens of recognition such as a pack of gum or a special snack verses a hug or compliment. (Hugs are important and should not be excluded.)

**Quality Time:** Children who speak this love language desire one on one attention and time. Quality time and conversation demonstrate to them that they are loved and worthy. These children often need your undivided attention. (This is not the same thing as taking your child to the movie. These children need you to be focused on them during this time.)

**Physical Touch:** Children who identify with physical touch are the children who seek out touches from others. These can be very simple, high fives, a pat on the back, hugs, or a simple touch on the arm. Physical touch helps these children to thrive and feel loved.

Focusing your love and affection towards your child in their love language can deepen the quality and connectedness of your relationship with your child. How do you figure out what Love Language your child speaks? Follow the link below to a short quiz that will answer that question for you! (There is also a quiz that adults can do as well to figure out your own Love Language.)

<https://www.5lovelanguages.com/quizzes/child-quiz/>

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24-Hour Mental Health Care In Calhoun County



# 5 LOVE LANGUAGES OF KIDS

DISCOVER YOUR CHILD'S LOVE LANGUAGE & HOW TO MAKE THEM FEEL ADORED

**IF YOUR CHILD....**

**THEIR LOVE LANGUAGE IS...**

IS CONSTANTLY IN YOUR SPACE, WANTS TO BE HELD, CUDDLED, ASKS FOR HUGS AND CRAVES CLOSENESS...



## **PHYSICAL TOUCH**

DO: SNUGGLE OFTEN, GIVE HIGH-FIVES, OFFER HUGS & HOLD HANDS. MAKE MOMENTS TO GIVE PHYSICAL AFFECTION.

DON'T: WITHDRAW AFFECTION & TOUCH WHEN YOU ARE UPSET OR DISCIPLINING THEM.

## **QUALITY TIME**

SAYS, "WATCH THIS," "LOOK AT ME," OR ASKS YOU TO PLAY WITH THEM...



DO: FILL THEIR LOVE BUCKET WITH SPECIAL ONE-ON-ONE TIME EACH DAY.

DON'T: DON'T ISOLATE THEM WITH A TIME-OUT OR SEND THEM TO THEIR ROOM FOR DISCIPLINE.

LIGHTS UP WHENEVER YOU PRAISE THEM OR GIVE POSITIVE FEEDBACK THEIR CHEST PUFFS UP...



## **WORDS OF AFFIRMATION**

DO: COMPLIMENT, PRAISE AND SPEAK HIGHLY OF YOUR CHILD SO THEY CAN OVERHEAR.

DON'T: DON'T SAY, "I LOVE YOU, BUT..." OR KIDS CAN THINK YOUR LOVE IS CONDITIONAL.

## **GIFTS**

CHERISHES GIFTS, TAKES TIME UNWRAPPING GIFTS & REMEMBERS GIFTS RECEIVED MONTHS & YEARS PAST...



DO: GIFTS DON'T HAVE TO BE STORE-BOUGHT ITEMS. THEY CAN BE A MEANINGFUL HANDWRITTEN NOTE, AN "I LOVE YOU" ON A NAPKIN IN THEIR LUNCHBOX, A FLOWER ON THE PILLOWCASE, ETC.

DON'T: FORGET TO VALUE THE HOMEMADE GIFTS YOUR CHILD GIVES YOU, TOO.

## **ACTS OF SERVICE**

WANTS YOU TO DO THINGS FOR THEM, EVEN IF THEY COULD DO IT WITHOUT YOUR HELP...



DO: YOU DON'T HAVE TO JUMP AT EVERY REQUEST BUT THE OCCASIONAL ACTS OF SERVICE MEAN A LOT TO A CHILD WHOSE LOVE LANGUAGE IS ACTS OF SERVICE.

DON'T: DON'T GET IN THE HABIT OF DOING CHORES OR CLEANING UP JUST BECAUSE THEY ASKED.