



Searching for love- Clues to help identify your child's love language

Expressing love to a child using the Five Love Languages involves understanding and communicating in ways that resonate with how the child best receives and perceives love. Adapted from Dr. Gary Chapman's renowned concept, 'The Five Love Languages,' the framework is tailored to better comprehend how children express and receive love. These distinct expressions of love for children include:

1. **Words of Affirmation**: Children who have this love language feel loved when they receive kind and encouraging words. They thrive on compliments, praise, and verbal expressions of love.
2. **Physical Touch**: Children with this love language feel most loved through physical gestures like hugs, kisses, cuddles, and holding hands.
3. **Quality Time**: For these children, spending undivided attention with loved ones is the way to their hearts. They cherish moments when they have your full focus.
4. **Acts of Service**: Children who have this love language appreciate when you do things for them. Acts of service could include helping with homework, preparing their favorite meal, or assisting with tasks.
5. **Gifts**: Some children feel loved when they receive thoughtful gifts. These gifts don't need to be extravagant; it's the gesture and sentiment behind them that matter.

For each question, choose the answer that best describes your child's preferences and behaviors.

1. When your child is upset, what helps them calm down the most?

- a. Kind words and reassurance
- b. Hugs and physical comfort
- c. Spending time together

- d. You doing something special for them
- e. Receiving a small gift or token of love

2. What does your child appreciate most when you play together?

- a. Compliments and encouragement
- b. Physical activities like tickling or wrestling
- c. Undivided attention
- d. When you help them with tasks or chores
- e. When you surprise them with a little gift or treat

3. How does your child typically react when you offer to help them with their homework?

- a. They respond well to your words of encouragement.
- b. They enjoy when you sit close and help them physically.
- c. They appreciate it when you dedicate time to assist them.
- d. They like it when you take the initiative to do part of the work for them.
- e. They love it when you bring them a little reward as motivation.

4. Which gesture makes your child smile the widest on their birthday?

- a. A heartfelt birthday card with a loving message
- b. Birthday hugs and kisses
- c. Spending the day together doing their favorite activities
- d. You helping with party preparations
- e. Opening presents and seeing what's inside

5. How does your child react when they've done something they're proud of?

- a. They like to hear your praise and recognition.
- b. They want a high-five, hug, or physical gesture of approval.
- c. They're happy when you celebrate their achievement by spending time with them.
- d. They appreciate when you offer to help them share their accomplishment with others.

e. They expect a little reward or gift as recognition for their effort.

6. During family movie night, what makes your child happiest?

- a. Hearing you praise their movie choice
- b. Snuggling up and physical closeness
- c. Knowing that everyone is fully present and engaged
- d. When you prepare their favorite movie snacks
- e. Receiving a special movie-related treat

7. How do they react when you come to watch their school play or sports event?

- a. They light up when you compliment their performance afterward.
- b. They beam with pride when they see you in the audience cheering and clapping.
- c. They love knowing you're there to support and watch them shine.
- d. They appreciate when you help with preparations or logistics.
- e. They expect a special treat or gift after the event.

8. What makes your child happiest when they've achieved a personal goal or milestone?

- a. Hearing your words of encouragement and acknowledgment
- b. Celebratory physical gestures like high-fives or fist bumps
- c. Spending dedicated one-on-one time with you to celebrate
- d. Your help in documenting and commemorating their achievement
- e. Receiving a small token or gift as a reward for their hard work



Now that you've identified your child's love language, here are unique and creative ways to cater to each one:

If you answered mostly A's, then your child embraces Words of Affirmation:

- a. Write a heartfelt note or poem expressing your pride and love for them.
- b. Create a "Love Jar" filled with personalized affirmations for them to read whenever they need encouragement.
- c. Record a voice message highlighting their accomplishments and how much they mean to you.
- d. Create a family gratitude journal and write affirming messages about each other.
- e. Organize a surprise family gathering where loved ones express affirmations and praise for the child.

If you answered mostly B's, then your child embraces Acts of Service:

- a. Plan a surprise outing to their favorite place or activity.
- b. Assist them in organizing and completing a project they are passionate about.
- c. Prepare their favorite meal or snack as a gesture of love and care.
- d. Offer to help with their chores or homework to alleviate their workload.
- e. Set up a surprise playdate with their friends or arrange a special playtime with them.

If you answered mostly C's, then your child embraces Receiving Gifts:

- a. Create a memory box together, filling it with tokens of special moments and cherished items.
- b. Surprise them with a small, thoughtful gift that aligns with their interests or hobbies.
- c. Design a custom piece of art or jewelry that represents their unique personality or interests.
- d. Collect and frame their artwork, displaying it proudly to show appreciation for their creativity.
- e. Plan a treasure hunt at home with small gifts leading to a bigger surprise at the end.

If you answered mostly D's, then your child embraces Quality Time:

- a. Dedicate a "Family Fun Day" to spend quality time engaging in their favorite activities.
- b. Establish a regular family game or movie night to bond and create lasting memories.
- c. Plan a nature hike, picnic, or outdoor adventure where you can connect and explore together.
- d. Initiate a shared hobby or interest, like baking, painting, or gardening, to enjoy quality time side by side.

e. Volunteer together for a community service project, teaching them the value of giving back and spending meaningful time.

If you answered mostly E's, then your child embraces Physical Touch:

a. Give warm, comforting hugs and cuddles regularly, offering a sense of security and love.

b. Set aside time for a special "massage night" with soothing lotions and calming music.

c. Create a bedtime routine that involves gentle back rubs or reading stories while cuddling.

d. Participate in physical activities together, like dancing, yoga, or playing sports, to stay active and connected.

e. Surprise them with a playful tickle session, laughter, and physical closeness to reinforce affection and love.