

# THE LOVE LANGUAGES



## How to Better Communicate with Your Child and Adults

Gary Chapman is the author of the famous book, "The 5 Love Languages" which explores that human interact and communicate through five "love languages." We all have a main, or strongest love language, but we need all the love languages in our relationships. We must learn our own primary love language, as well as others' primary love language, in order to best navigate our relationship with them.

### The 5 Love Languages Are:



#### Quality Time

People with the love language of quality time like it when others do things with them like play a game, watch television, or go to a ballgame.



#### Receiving Gifts

People with the love language of gifts feel good when someone gives them a special present or surprise.



#### Physical Touch

People whose love language is physical touch like to receive hugs, kisses, and high-fives.



#### Acts of Service

A person whose love language is acts of service likes it when others do nice things for them such as helping with chores, helping with school projects, or driving them places.



#### Words of Affirmation

People whose love language is words of affirmation like for others to use words to tell them that they are special and that they do a good job.

Feel free to take the **FREE** love languages quiz at <http://www.5lovelanguages.com/profile/>

After completing the quiz, you will be given your 5 love languages in a hierarchy. The objective is that children and adults learn to receive and give love in all five languages. Modeling by adults is the most effective method of teaching for all areas in life, including the love languages.

**Words of affirmation** are when we acknowledge verbally or written how much someone means to us. For kids and adults this may be telling someone, “thank you,” “I really appreciate you,” or “you mean a lot to me.”

- You did a wonderful job at \_\_\_\_\_
- Thank you for helping me with \_\_\_\_\_
- I really appreciated it when you \_\_\_\_\_
- You mean so much to me
- I love you
- Compliment them
- Speak positively about them
- Write positive notes on the mirror
- Write a card to someone
- Write lunch box notes for your child

**Quality time** is the love language where people enjoy doing things with the one(s) they love  
specific examples of ways to spend quality time together

- Do homework together
- Have “no tech” time
- Read a story together
- Run errands together
- Have a special “date night”
- Pay attention to details they share with you
- Make time to eat together as a family
- Have a special bedtime/morning routine together

**Acts of Service** is doing something for someone to show them that you care  
helping with chores, school projects, driving places, and making your favorite meals and snacks.

- Practice sports or a hobby together
- Help with chores
- Work on schoolwork together
- Make their special meal
- Take them somewhere they enjoy

**Gifts** are just that! Adults and children with this love language like to be surprised with gifts or small tokens of appreciation that are tangible

- Keep a small stash of inexpensive gifts
- Give them a flower
- Leave small gifts for them when you are out of town or won’t see them much
- Shop with them for a special gift
- Send them on a gift scavenger hunt

The **safe touch** love languages refers to children and adults liking hugs, kisses, high fives, and cuddles. They may also like physical activities like racing, wrestling, playing tag, and climbing in your lap.

- Hold hands
- Hug often
- Sit together in bean bag or other comfortable chairs
- Share family cuddle time
- Sing action songs together
- Have some tickle fun
- Read stories together on the couch or your lap