

What is My Child's Love Language?

To know and understand your child's love language, it is best to start recognizing how they show you affection.

1. Does your child do their chores without being asked? Are they proactive throughout their daily tasks? Do they appreciate your help with homework or other small tasks? Their love language may be Acts of Service.
2. Does your child enjoy snuggling up on the couch? Do they always go for a high five or fist bump? Their love language may be Physical Touch.
3. Does your child constantly tell you they love you or show excitement when you praise them? Their love language may be Words of Affirmation.
4. Does your child appreciate small gestures? Do they express their gratitude when you give them a small gift, even if it is just a note? Their love language may be Receiving Gifts.
5. Does your child enjoy it when they get your undivided attention? How important is your time with them before they leave for school? Their love language may be Quality Time.

To know more, check out *The 5 Love Languages of Children*, and *The 5 Love Languages of Teenagers*, by Gary Chapman.

