

# Get to know the 5 Love Languages of Children

Author, Gary Chapman has written many books on the Five Love Languages. It is important to note how you give and receive love, especially to strengthen and promote the relationship between you and your child.

- **Words of Affirmation** is a language that expresses love through words, such as compliments or appreciation. Honesty and kindness are crucial in expressing and receiving words of affirmation.
- **Quality Time** means spending time with the ones you love. This is best expressed when there are no distractions, and you are each other's center of attention. This can be accomplished by doing activities together.
- **Receiving Gifts** is another meaningful way to show your love. This shows your appreciation and is thoughtful. The gift can be small and simple, like putting a note in your child's lunchbox.
- **Acts of Service** means you show your love by helping. It means you help your child with a difficult task, like homework. This may also look like fixing something that is broken.
- Lastly, **Physical Touch** is expressed through physical contact. This can be expressed by hugs, kisses, high fives, or even a special handshake. These love languages are different for everyone, and it is important to know the love languages of those around you. It is a great tool to show your love and strengthen your relationship with your children.

To know more, check out *The 5 Love Languages*, by Gary Chapman.

