

How to Express your Love

- It is important to know and understand your child's love language.
- If it is Physical Touch, you can hug your child before sending them off to school, comfort them when they are sick, give them a high five, or simply a pat on the back.
- If it is Word of Affirmation, text them you love them during the day, send a heartfelt note in their lunch, tell them how much you love them verbally, or even create a unique way to express your love for them.
- If it is Quality Time, set a time for you to spend together each day, take a walk together, read with them before bed, help them with their homework, eat dinner together (with electronics off), or surprise your child by taking them to a special place.
- If your child's love language is Receiving Gifts, hide a small gift in their lunch box, make jewelry together, make the gifts meaningful and true to their interests, or send them a gift if you are away from home.
- If it is Acts of Service, help your child fix something they broke- like a toy, volunteer together, teach them what it means to serve the community, or help them practice for something, like a sport or hobby.

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

