



## GCAPP PARENT TOOLKIT:

# Get to know the 5 Love Languages of Children

## The Five Love Languages for Parents and Children

Author **Gary Chapman** has written extensively about the *Five Love Languages*. Understanding how you and your child give and receive love is key to building strong, healthy relationships and lasting connections.

The Five Love Languages remind us that everyone expresses and receives love differently. Recognizing your child's love language helps you connect in ways that feel most meaningful to them.

## The Five Love Languages

### Words of Affirmation

Express love through kind, encouraging, and honest words. Compliments, appreciation, and supportive statements help children feel valued.

### Quality Time

Express love through kind, encouraging, and honest words. Compliments, appreciation, and supportive statements help children feel valued.

### Receiving Gifts

Thoughtful gifts show appreciation and care. These don't have to be big something small, like slipping a note in your child's lunchbox, can make a big impact.

### Acts of Service

Love can be shown through helping. Supporting your child with a tough homework problem or fixing something important to them communicates care.

### Physical Touch

Affection through safe, positive touch builds connection. Hugs, high fives, kisses, or even a fun handshake can reassure your child of your love.

## WHY IT MATTERS

Every child responds differently. By noticing and speaking your child's **primary love language**, you strengthen your bond and nurture a secure, loving relationship.

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



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