

PROJECT 319 PARENTING CLASS

The Five Love Languages

Learning the five love languages will help you say “I love you” in a way that your child can understand. Every child and person understands and receives love in a different way. Most children have one primary love language, and then a secondary one, but all the love languages are effective in showing and communicating love with more than just words.

When children feel genuinely loved by their parents, they will be more responsive to parental guidance in all areas of life.

It may help to think of our hearts as ‘gas tanks’ that need to be filled by love. The way we were designed by God is that our tanks continually need filled with His love, which we can share with others including our children. Rather than thinking of people as being ‘needy’, we were just designed to be filled continuously with love.

Here are the Five Love Languages:

(as adapted from “The Five Love Languages for Children by Chapman & Campbell)

1. **Physical Touch:** Hugs and kisses are one way to show affection in a physical way. Also, playing games that involve holding hands or touching in some way.
2. **Words of affirmation:** Words of affection, praise and encouragement, and that give positive guidance are all examples of words of affirmation. They affirm your love for your child.
3. **Quality time:** Spending time with your child and giving them your undivided attention is important with this love language. It is good to make a decision to set aside different times throughout the day to spend undistracted with your child/children.
4. **Gifts:** Giving and receiving of gifts can be a powerful expression of love, but it is important that it be done out of genuine care.
5. **Acts of service:** This is a bit easier to speak this language because parenting is already a way that we serve our children. It is important to note that this must be balance with taking care of our own needs and also teaching children to help with chores and around the house as they grow.

How to discover your child’s primary language:

(Note: It is important not to discuss love languages with your children as they may try to manipulate you as the parent if they are aware you are trying to know and speak their language)

1. Observes how your child expresses love to you
2. Observe how your child expresses love to others
3. Listen to what your child requests most often
4. Notice what your child most frequently complains about
5. Give your child a choice between two options