

# Love Languages

Discover how to speak your child's love language with this simple tool



Physical Touch	Quality Time	Words of Affirmation	Gifts	Acts of Service
For some children there's an incredible emotional connection in physical touch. Holding hands with our child, giving them a hug or high five, or patting their back, will be important in showing our children how much we love them.	Uninterrupted quality time will be so important – whether it's little and often, or in a large chunk. If there are siblings in the house or life is particularly busy, creating some one-to-one alone time with them will help them feel loved and valued.	This isn't just about telling our child that we love them – although that's important. It's about praising and encouraging them too. Children will feel loved when we affirm them for who they are and the specific things we see them do.	Children with this love language adore receiving gifts – they become a visible sign of our love for them. The value of the gift doesn't matter; it's the thought and effort behind it that's important. It shows that we've been thinking about them.	As parents, we are constantly doing practical things to help our children, but this is about recognising if our children particularly appreciate people helping them and doing nice things for them.
<b>Enjoys</b> Physical activities such as tickling and tag. High fives, holding hands and cuddling.	<b>Enjoys</b> Your undivided attention, sitting with them or watching them play.	<b>Enjoys</b> Favourite phrases, such as: "Well done!", "You're so great at ...", "You solved that problem so well", and "Great job!"	<b>Enjoys</b> Birthday presents, surprise treats, earning a treat, or having their favourite food made for them.	<b>Enjoys</b> Hearing phrases like: "Would you like help with that?", or, "Shall we do this together?"
<b>Ideas</b> <ul style="list-style-type: none"> <li>- Let your child sit on your lap for story time</li> <li>- Snuggle under a blanket to watch a movie together</li> <li>- Have a tickle fight</li> <li>- Hold hands and hug often</li> </ul>	<b>Ideas</b> <ul style="list-style-type: none"> <li>- Go out for a milkshake together</li> <li>- Read, or play a board game together</li> <li>- Put your phone away, ask about their day, and listen</li> <li>- Go on a walk together</li> </ul>	<b>Ideas</b> <ul style="list-style-type: none"> <li>- Leave a note under their pillow saying you love them</li> <li>- Put a note in their lunchbox telling them they are amazing at something specific</li> <li>- Praise them in front of other people</li> </ul>	<b>Ideas</b> <ul style="list-style-type: none"> <li>- Have some small gifts to give them now and again</li> <li>- Bring back a small present when you've been out or away</li> <li>- Take things they like to eat on day trips</li> </ul>	<b>Ideas</b> <ul style="list-style-type: none"> <li>- Show them how to do something new, e.g. ride a bike or bake a cake</li> <li>- Offer to drive them somewhere in the car</li> <li>- Help them to do their homework or study for a test</li> </ul>
<b>Remember to</b> Show physical affection to emphasise your love.	<b>Remember to</b> Give your child focused attention throughout the day.	<b>Remember to</b> Be genuine and specific in your praise.	<b>Remember to</b> Be thoughtful, small gifts matter.	<b>Remember to</b> Let them know you are there to help them.