

THE POWER OF SPEAKING THE LOVE LANGUAGES OF CHILDREN

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HELLO AND WELCOME!

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THE POWER OF SPEAKING THE LOVE LANGUAGES OF CHILDREN

A book written by Gary Chapman, PH.D and Ross Campbell MD called “The Five Love Languages of Children” emphasizes understanding your child’s love language and then nurturing it to fill their “emotional tank”.

The authors discuss that there are five love languages that children and adults need nurtured in order to be confident and stable emotionally.

THE FIVE LOVE LANGUAGES



Acts of Service



Physical Touch



Words of Affirmation



Quality Time



Receiving Gifts

A grayscale photograph of a rural scene. In the foreground, a young girl in a patterned dress stands looking down. In the background, a boy stands near a man who is working in the field with a tool. The scene is set in a grassy field with trees and a house in the distance.

ACTS OF SERVICE

On going helpfulness, whether chores or fixing something that is important to the child

Helping them with homework

Sewing their stuffed animal

Fixing a flat tire on their bike

You can say things like “What can I do for you?”, “Today, I did... for you”, or “Would you like me to try and...”

ACTS OF SERVICE

Acts of service teaches the child to serve others, to offer hospitality and to help others in need

Although you do not have to respond to every need for a child whose love language is acts of service, responding to as many as you can will be beneficial in helping a child with this love language to feel loved





REBEKAH

Acts of Service

ACTS OF SERVICE





PHYSICAL TOUCH

Facial expressions that are warm and inviting

Hugs, high-fives or fist bumps

Sitting close

A group hug (the family pet is fun to snuggle, too)

Sitting close and reading a book together

A sweet massage with an essential oil

It's any kind of positive physical contact



LUKE

Physical Touch

PHYSICAL TOUCH

If this is their love language, they thrive on physical touch and proximity.



- Pay attention to the messages you are sending with your body language
- Use gentle touches
- Be in physical proximity



- Be too rough and physically hurt your child
- Give the cold shoulder
- Disregard boundaries and personal space when they need it

WAYS TO EXPRESS LOVE IN THIS LANGUAGE

Bear hug

Plant a kiss on each other's cheek

Cuddle on the sofa during a movie

Have a tickle session

Hold hands while out and about

Give each other a massage

Snuggle under the covers

Have your child sit on your lap for storytime

Pick your kid up and swing him/her around

Give each other a high five

Give each other a cool hairdo

Touch foreheads during a hug

Rub noses

Squeeze each other's faces for some silly time

Be each other's dance partner


Link arms and skip in circles

Do a three-legged race down the hallway

Kiss the left cheek, then the right cheek, then the forehead in one go

Give your child a piggy back ride

Squeeze your kid's shoulder



WORDS OF AFFIRMATION

Giving your child compliments, or encouraging words that are spoken or written

Use soft face, soft voice with the same rules

Leave a note for your child in their lunch box or a note on their mirror

Send a text message or emoji

Say things like “ I love you”, “You’ll do great on your test”, or “You’re smart”

For the month of February I will take a sticky note and everyday leave a compliment to my child and stick it on their bedroom door

WORDS OF AFFIRMATION

But Jesus said, "Let the little children come to me"
Matthew 19:14

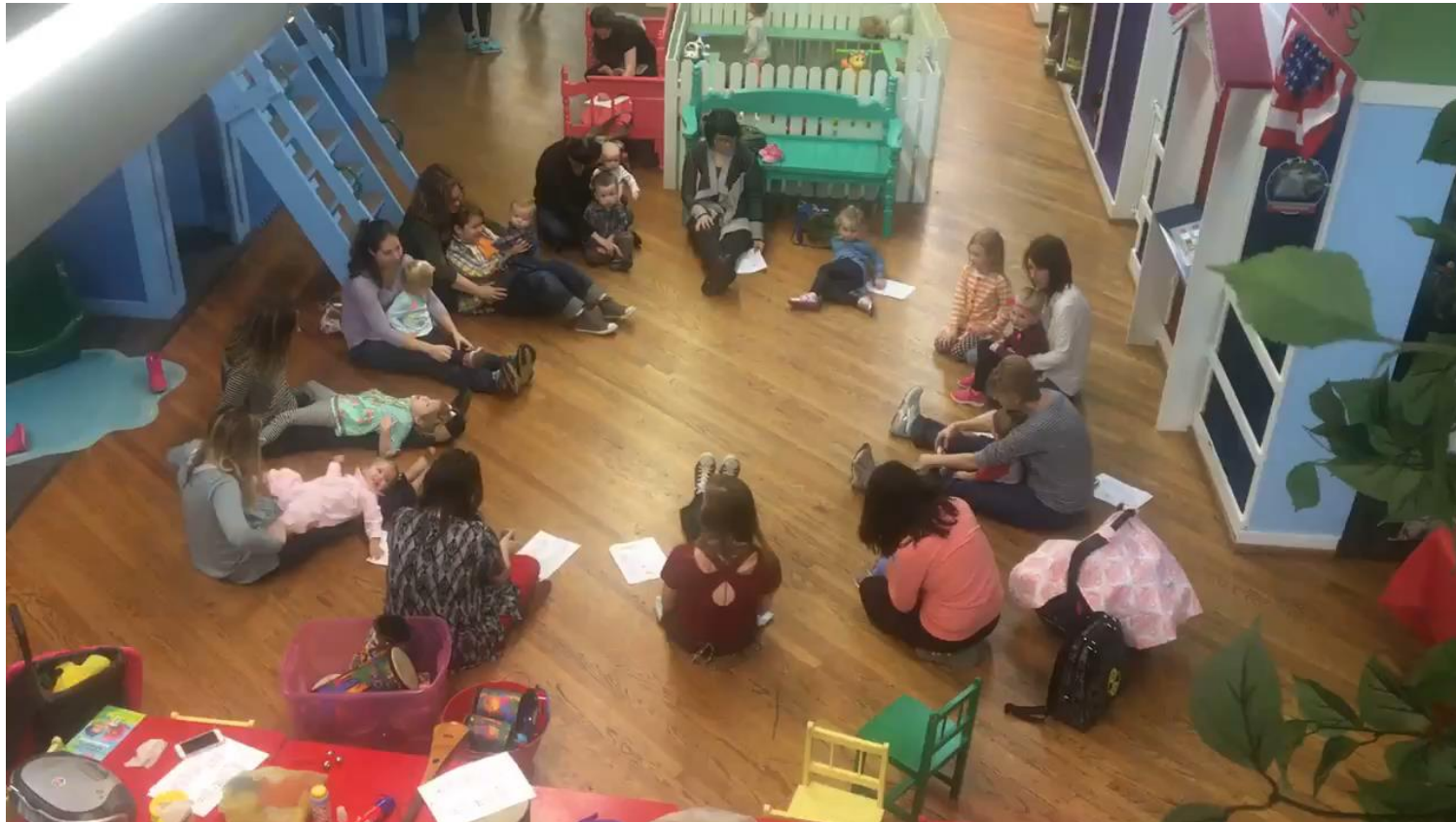




DELLA ROSE

Words of Affirmation

WORDS OF AFFIRMATION



WORDS OF AFFIRMATION

If this is their love language, they feed off spoken or written encouragement and appreciation.



- Praise your child
- Be aware of your tone
- Listen



- Dish out compliments too frequently
- Assume they know they are loved without saying it
- Use harsh language

WAYS TO EXPRESS LOVE IN THIS LANGUAGE

- Say “I love you”
- Make a thank you card
- Write a list of three things that you find awesome about your kid
- Speak in a kind tone
- Come up with a love song together
- Say “I like it when you ___”
- Reinforce the positive by saying, “You’re doing a great job”
- Draw a happy picture and share it
- Write a secret note on the bathroom mirror
- Write a note before bed and exchange it with your child the next morning
- Hum a happy song together with a loved one
- If someone does something that makes you upset, take a breath and tell them, “That’s okay”
- Smile and laugh together
- Draw a family portrait and hang it proudly on the refrigerator for at least a week
- Make a get well soon card
- Encourage your child by telling them, “Don’t give up”
- After saying good night, add “I can’t wait to see you again in the morning!”
- Create a secret love signal just between you and your child
- Write a love poem
- Compliment someone with your favorite adjective: “You are ___!”



101

Words of Affirmation

Every Child Wants to Hear

(PART ONE)



- 1) I think you're fantastic!
- 2) You did a great Job!
- 3) Thanks for being such a great kid!
- 4) You make me smile.
- 5) I appreciate the young man (woman) you are becoming.
- 6) I like you.
- 7) Spending time with you reminds me of how special you are.
- 8) Would you like to go to the store with me?
I like it when you come along.
- 9) You are an interesting person.
- 10) I like how your mind works.
- 11) Thanks for being such a hard worker.
- 12) You are a great example.
- 13) I was just telling Dad/Mom how proud I am of you.
- 14) I'm grateful God gave you to me.
- 15) You did that so well.
- 16) Great job on your homework!
- 17) You're so handsome/beautiful.
- 18) You see things really clearly.
- 19) Good thinking.
- 20) You give the best hugs.
- 21) You're so brave!
- 22) That was a really kind thing to do.
- 23) You're so smart!
- 24) Thank you for honoring me.
- 25) You're a great person.
- 26) You are the kind of friend I wanted when I was your age.
- 27) Wow! You're fast!
- 28) You're really thoughtful.
- 29) I appreciate you so much.
- 30) You are a diligent young man/woman.
- 31) You make me laugh!
- 32) You've got a great sense of humor.
- 33) You did that? You're amazing!
- 34) You are an honest young man/woman – God likes that.
- 35) Wow! You did a great job cleaning your room!
- 36) You made this all by yourself? It tastes fantastic!
- 37) What a great idea!
- 38) You've got a lot of 'grit'!
- 39) I'm happy when you're around.
- 40) Look at all those muscles! (when he's very young)
- 41) I'm really proud of you.
- 42) You have a big heart!
- 43) You're so generous.
- 44) You inspire people when you do things like that!
- 45) When you did () it showed a lot of self-discipline.
- 46) How did I get the Best Kid In The World?
- 47) I just know you're going to be successful.
- 48) You have some amazing gifts.
- 49) You can achieve anything you desire.
- 50) God created you for a special purpose.

lunchbox love notes: positive affirmations for kids

I am beautiful.	I am smart.	I am kind.
I am perfect just the way I am.	I am helpful.	I am forgiving.
There is NO ONE in the world quite like me.	I feel happy.	I am truthful.
I am loving.	I am a great kid.	I am a leader.
I choose my attitude.	I REACH FOR THE STARS.	I support others with love and kindness.
I am strong.	I keep my body healthy.	I am a good listener.
I am supportive.	I work hard.	I AM awesome.
I show others I care.	I am a great student.	I am loved.





QUALITY TIME

Doing things together with no interruptions

One-on-one time

Taking trips, going on walks

Being together at home and not being interrupted

Playing “keep it up” with a balloon

One-on-one conversation in the car

Telling them “I’d like to spend time with you today. Let’s pick something you want to do”

Television/video games not included

QUALITY TIME

How do you spend time with yourself/self care in order to have water in your own well to spill over to your child?

The importance of eye contact, connection conversation, and “dating” your children

Dinner time quality conversation- using the Rose Bud Thorn exercise





DEAN HENRY

Quality Time

QUALITY TIME



QUALITY TIME



QUALITY TIME



QUALITY TIME

For kids whose love language is quality time, their love "tanks" are filled by the moments they share with you.



- Give undivided attention
- Engage with child and ask for engagement back
- Have face-to-face time
- Look at your phone or computer while interacting with your child
- Leave long bouts in between one-on-one time
- Avert your eyes while talking

WAYS TO EXPRESS LOVE IN THIS LANGUAGE

Go on a picnic

Head to the park for playtime

Go on an early morning or evening walk

Watch a movie together

Have a one-on-one breakfast with your child

Volunteer for a community service project together

Do a puzzle together

Play a board game

Have a camp out

Head to the library to pick out new books to read

Head to the museum

Find a new event to attend

Go the mall and window shop

Head to the zoo

Teach your child a new song/skill

Tell a made-up story — have your child contribute as well

Go on a scavenger hunt

Come up with a play with your child and perform it for the rest of the family

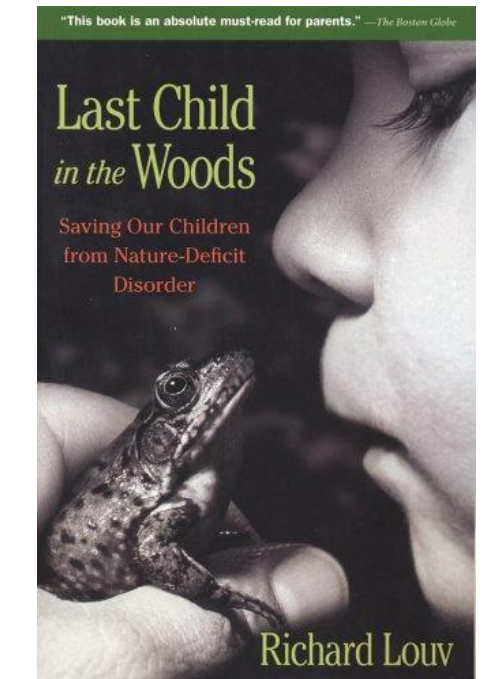
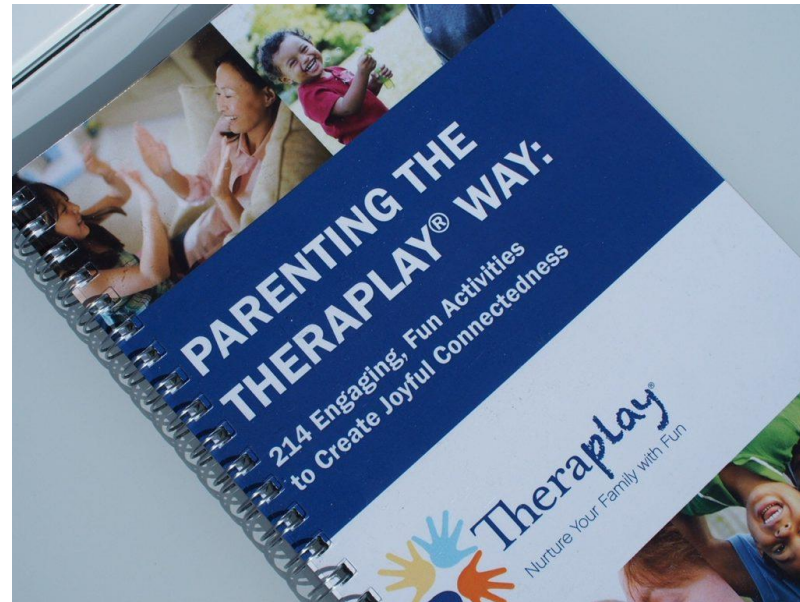
Make and fly a kite or paper airplanes

Have a face-to-face conversation — uninterrupted, giving your full attention

QUALITY TIME

“Parenting the Theraplay Way”
and “Last Child in the Woods”

Consider “30 Day Blackout” to
find margin in your day for
intentionality





RECEIVING GIFTS

Giving small tokens of a material gift

Giving a sea shell, stone (draw a picture on the stone)

A facial expression that shows genuine love

Giving time

Remembering a special occasion

Attending an event your child is in

Making a dessert together

RECEIVING GIFTS

Presents vs Presence

The giving of gifts must be undergirded with the other love languages - it is not a substitute for the other love languages

Not a bad idea to just wrap everything for them to see the value in needed and “extra” gifts and teaching the child how to receive gifts gracefully

Don't go over board buying gifts - less is more

Gifts as an expression of love not “stuff”

Children who have this as primary love language perceive the gift as an expression of love and many times want to keep it “forever” And it holds a special place in their hearts (and can be traumatic if the gift is lost or misplaced)



RECEIVING GIFTS



GIVING GIFTS

For children who feel loved by gifts, it is more the thought behind the gifts than the actual gifts themselves.



- Take the time and effort to think of a meaningful gift to give
- Keep special occasions in mind
- Change it up between large and small gifts



- Be haphazard in your gift choice
- Mistake this love language for materialism
- Use gifts in place of the other four love languages

WAYS TO EXPRESS LOVE IN THIS LANGUAGE

Go out for ice cream

Make your child's favorite meal

Pick up a treat from the store during errands

Give your kid some cool stickers

Share dessert together

Make a small toy for your child

Have you and your child come up with a gift for your partner

Pick a few gently used toys/clothing to donate

Head outside with your child to pick flowers separately, arrange in bouquet and give to the other person

Find something funny/useful/hasn't been used for a while, wrap it up, and exchange as a gift

Buy a book for your child

Create a scrapbook together

Leave a gift on their bed before bedtime

Give a smaller gift leading up to a special occasion

Pass out candies for a job well done

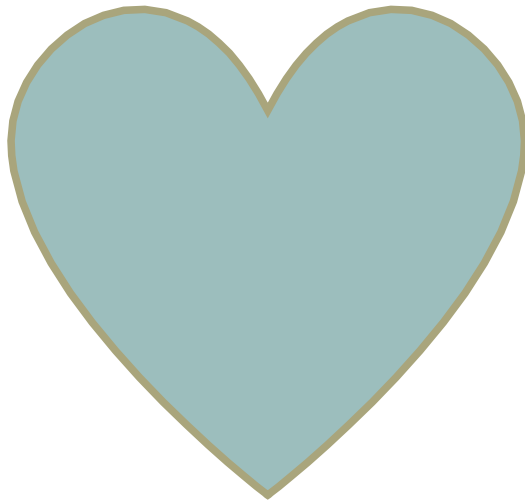
Accept a gift with a great big smile

Hide 3 of your personal items, have the other person find them and "give" them back to you

Enjoy a special drink, like lemonade, together

Make a craft from unused items lying around the house

THE POWER OF SPEAKING THE LOVE LANGUAGES OF CHILDREN



How do you feel most connected to your child? Is it from a hug, a special dinner made for you, a small gift, or a compliment?

Every child and adult has a primary love language that they prefer. What is your love language?

<https://www.5lovelanguages.com/profile/couples/>

<https://www.5lovelanguages.com/profile/children/>

Learn How To Speak Your Child's Love

@lakieshalpc

5 Love Languages	Ways To Communicate	Actions	Avoid These
 Words of Affirmation	Say, you're terrific, you're amazing, I love you	Write words in a card	Criticism, using harsh words
 Touch	Hugs, kisses, cuddle, hold hands	Good facial expressions	Threats, neglect
 Gifts	Share special treat, by/make special gift	Giving gifts privately	Forgetting special events
 Quality Time	Spend 1 on 1 time running errands, play games, watch a movie	Quiet spaces, 1 on 1 conversations	Too many distractions of friends/ downtime
 Acts of Service	Make a special meal, help with chores	Asking what can you do for them	Ignoring, forgetting promises

Mom's Guide to the Five Love Languages of Children

Inspired by The Five Love Languages of Children by Gary Chapman and Ross Campbell

Touch	Words	Quality Time	Gifts	Service
<p>Describes your child: Receive hugs Kisses High Fives Cuddle Asks to be carried Physical activity: racing, wrestling, tag, climbs in your lap</p>	<p>Describes your child: Likes for others to tell them they did a good job. Favorite words include: Terrific! Good job! You're #1! Awesome kid! You did it!</p>	<p>Describes your child: Loves to do things with you: watch a movie, yard work, go out to eat, run errands, play a game. Tries to get your undivided attention. Wants to sit next to you or have you watch them while they're playing.</p>	<p>Describes your child: Feels good when someone gives them something. Enjoys a special present or surprise. Enjoys: birthday presents, surprise treats, earning a treat, having their favorite food made for them.</p>	<p>Describes your child: Likes it when people do nice things for them: helping with chores, school projects, driving places, making meals and snacks</p>
<p>Mom Tips: Hold hands, Hug often, Bean bag chairs, Tight spaces / swaddle, Family cuddles, Sing action songs, Tickle fun, Read stories together on the couch or your lap</p>	<p>Mom Tips: Write notes on the mirror, Compliment, Speak positively about them, Always say I Love You, Praise them aloud around others, Write a letter to them, Come up with a cheer or song with their name in it, Be specific in your praise</p>	<p>Mom Tips: Run errands 1:1 together, Date night/breakfast 1:1, Make eye contact, Ask about day, Pay attention to details, Plan special events/trips, Eat together as a family, Read together, Bedtime Routine</p>	<p>Mom Tips: Keep a small stash of inexpensive gifts, Give them a flower or stone you find outside, Leave gifts for them when you're out of town, Shop with them for a special gift, Send them on a gift treasure hunt</p>	<p>Mom Tips: Practice sports together, Work together on a project, Check homework, Pick them up on time, Surprise them by doing a chore for them, teach them how to serve others</p>

The #1 job of parents is to meet their child's need for love. A child with a full love tank = a healthy, emotionally stable child.

Books Resources: The Five Love Languages of Children by Chapman and Campbell (2012 edition)

Websites: www.5lovelanguages.com, Assessment: <http://www.5lovelanguages.com/assessments/love/>

Compiled by: Busy Kids = Happy Mom, www.busykidshappymom.org

THE POWER OF SPEAKING THE LOVE LANGUAGES OF CHILDREN

Parents deeply love their children, but schedules are busy and sometimes the day goes by and we haven't connected to our little loved ones.

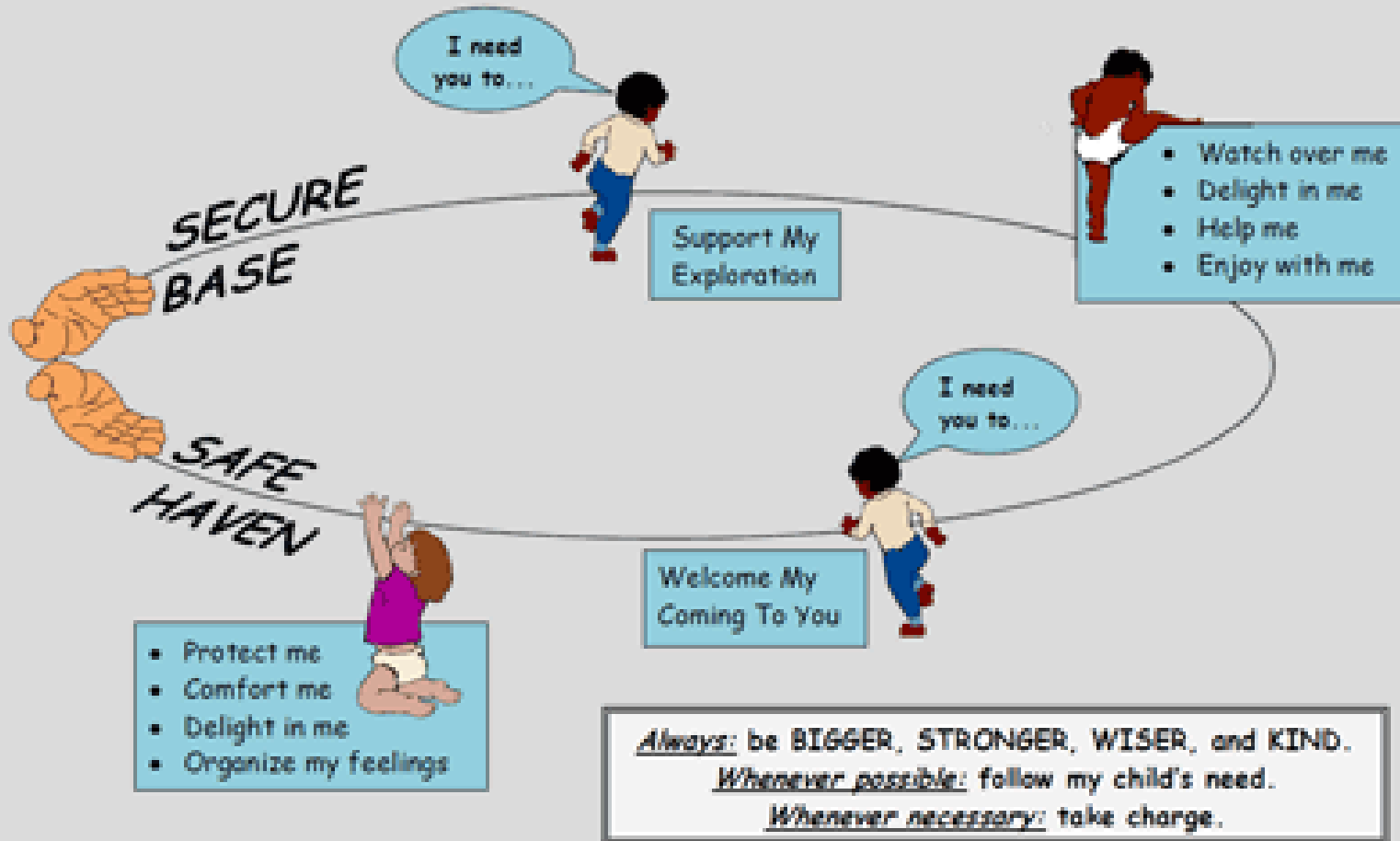
Life events change the family schedule and can impact the amount of time you have to spend together. Maybe you went from working part-time to full-time, or you are going through a divorce, or there is an illness in the family.

These changes impact the way you interact and spend time with your child. You are tired when you come home, you have more things to fit in before bedtime, and there is a feeling of being emotionally depleted.

Over the course of months, your children will notice and feel the difference.

CIRCLE OF SECURITY®

PARENT ATTENDING TO THE CHILD'S NEEDS



THE POWER OF SPEAKING THE LOVE LANGUAGES OF CHILDREN

01

Detach yourself from negative energy of your child/family

02

Attach yourself to positive energy of your child/ family

03

Be clear on your boundaries using pleasant and firm time of voice with direct consequences like a “time in”

04

Connect with their love language first and then redirect for behavioral modifications

THE POWER OF SPEAKING THE LOVE LANGUAGES OF CHILDREN



The Rupture and Repair Concept



Showing authentic imperfection and being willing to repair ruptures in connection is one of the most powerful ways to express love to your child



This is shown to build new neural networks in the child's brain towards secure attachment



The research shows that we can spark more neural growth in our authentic imperfection by genuinely apologizing when needed than we ever could with getting it right every time

THE POWER OF SPEAKING THE LOVE LANGUAGES OF CHILDREN

REPEAT AFTER ME:

I am enough

I have enough

I do enough

I love enough

The love languages are simply a tool for a shortcut to the heart of your child