

# 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.</p> <p>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><b>Mum Tips:</b> 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><b>Mum Tips:</b> 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><b>Mum Tips:</b> 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><b>Mum Tips:</b> 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><b>Mum Tips:</b> 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](http://www.5lovelanguages.com), Assessment: <http://www.5lovelanguages.com/assessments/love/>