

## What is your Child's Love Language?

We know that loving our children has a vital impact on developing well-adjusted and resilient individuals, prepared for their future. But how best to express that love and engage with them at a meaningful level is the tricky thing. Each child is unique and they often 'speak a different language' when it comes to having their deepest needs met.

Our first child engaged with me best by hitting, catching and throwing balls. Physical activities were his dominant love. Our second child however, engaged best with me through books and art related activities. That was his dominant love. This different way to engage, caught me by surprise and took me longer than it should have to realise how different our first two children were.

To make connections with our children and engage with them where they are at, it's worthwhile considering what sorts of things make them tick. One helpful strategy for this is to discover their '**Love Language**'.

Some of you will know of **The Five Love Languages** that Gary Chapman has written extensively about. They can be very helpful in how we can best connect with our children - in the way that is most relevant for them.

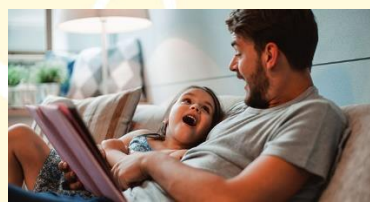
The Five Love Languages are:

1. **Physical Touch** - hugs, cuddles, play wrestling etc
2. **Words of Affirmation** - encouraging comments that build a child's self-image
3. **Quality Time** - spending time together doing an activity that your child enjoys
4. **Acts of Service** - doing something for your child (Parents do this all the time!😊)
5. **Gifts** - giving meaningful presents

The principle is that usually we each have a first and second language of dominance. As individuals we are prone to giving out what we most enjoy receiving which doesn't always hit the mark. For example one of my primary love languages is Words of Affirmation, so in attempting to love one of my children with lots of words when his primary love language is Gifts will not cut to the chase. It will be as if he and I are speaking different languages.

Although we each seem to gravitate to one or two of these love languages, healthy relationships should include all five languages, at least to some extent. For example my wife's least favourite love language is Gifts, but if I forget to buy her a present for her birthday, she'll be disappointed.

There's some very good on line tests and surveys to help determine which of the five love languages are most important for our respective children. Try googling, '**What is my child's love language?**' There are also some great follow up ideas and **fun activities** for each love language. Try this link: [Big Life Journal](#)



All the best! Kind regards, Rob. (Leopold PS Chaplain)

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