

Filling the Love Tank

I've heard it described that we each have a 'Love Tank' that needs to be topped up on a regular basis. This is particularly true and easily observed in our children. Children function best when their tank is well filled or even overflowing.

Our tanks can be filled up through positive connections in the form of kind actions, affirming words, physical affection, quality time, receiving presents etc.

Our tanks can be depleted through the normal daily routines of work, school, chores and general living. But they can also be drained dry very quickly by disconnections that may come from corrections, criticism, unkind words, neglect, conflict etc.

The difficulty is that being good parents we need to correct our children – and sometimes often. This has the potential to drain the tank dry so that our child is running on empty. And once the tank is empty our children feel crushed and are in no place to handle any sort of correction or even something as neutral as guidance or direction. At this point it's like we're fighting a losing battle.

The simplistic answer to this difficulty, is to keep their Love Tanks filled. 'Easier said than done,' I hear you say.



One way behaviourists suggest we navigate this, is by using the principle that for every one negative or correcting comment that we make, we should be making seven positive building comments or actions. In this way the Love Tank is kept topped up. This means our children can remain in a positive frame of mind and will be better able to handle the corrections and discipline that are so often necessary to

raise a healthy child.

What sort of things will fill my child's Love Tank the best?

In a previous article I talked about the value of understanding the 5 Love Languages. A good way to keep our child's Love Tank topped up is to determine what their dominant love language(s) is and try to build them up through activities that fit that love language.

Try these two very helpful sites: Click on Link

[What is my Child's Love Language](#) and [Big Life Journal](#)

All the best everyone. Kindest regards, Rob. (LPS Chaplain)

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