Remember when you were a kid and your parents would praise you for something good you had done? Remember how great those moments were and how good it made you feel? In those moments, your parents were speaking your love language. What is a Love Language?

### The Five Love Languages

<table>
<thead>
<tr>
<th>Quality Time</th>
<th>spend time together doing something your child enjoys.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical touch</td>
<td>cuddling, high fives, hugs, sitting close.</td>
</tr>
<tr>
<td>Gifts</td>
<td>think of something special that your child really wants.</td>
</tr>
<tr>
<td>Acts of Service</td>
<td>do something nice for your child.</td>
</tr>
<tr>
<td>Words of Affirmation</td>
<td>offer your child praise, encouragement, recognition of their efforts.</td>
</tr>
</tbody>
</table>

**Love language for different children:**

- **Alejandro** likes to be praised  
  Use - **Words of Affirmation**  
  I’m proud of you!  
  Wow! You did it!  
  Great job!  
  You’re terrific!

- **Mary** likes doing things together  
  Use - **Quality Time**  
  Run errands together  
  Play a game together  
  Watch a movie together  
  Do yard work together

- **Sam** likes gifts  
  Use - **Simple Gifts**  
  Special birthday present  
  Making favorite food  
  Surprise treats  
  Special note in backpack

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**A printable Mom’s Guide can be found at:**  
**Source:** “Information from Five Love Languages for Children” by Dr. Gary Chapman and Dr. Ross Campbell M.D.