

HERE ARE SOME THINGS YOU CAN DO TO SPEAK YOUR CHILD'S LOVE LANGUAGE OF ACTS OF SERVICE

- Be there when they ask for your help
- Help your child practise in their favourite sport
- Make them a special surprise breakfast
- Teach and show them how to serve and help others
- Help them finish what they are doing instead of simply telling them to hurry up
- When they are sick, make special effort to read them stories or cook them something special
- If they have a special area of interest, connect them with someone you know who can help them (this could be a friend, family or a paid expert)
- Make sure their favourite toy is in their bed at bedtime (or make sure you bring it along on overnight trips)
- Make or provide any meal they want on their birthday
- Help them with their homework
- Help them fix a broken toy

Note: Serve them by doing what's best for them, not simply to please them. Remember also to teach them how to serve themselves and others, not just leave it to them to figure it out themselves. Make sure they have appropriate life skills, such as making the bed, using the washing machine, cooking, etc.



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HERE ARE SOME THINGS YOU CAN DO TO SPEAK YOUR CHILD'S LOVE LANGUAGE OF GIFTS

- Present gifts wrapped or given in a unique and creative way (gifts don't have to be store-bought)
- Have a stash of snacks or lollies that you label as "treats" to give them occasionally
- Cook a special meal or dessert you know they like
- Eat out at a restaurant
- Mail them a gift if you are away from home
- Give them handmade vouchers that can be exchanged for things such as 30 minutes of undivided time with you, a favourite meal or a favourite activity to do together
- Buy personalised gifts with your child's name on it
- Write a song for your child or choose a specific one that becomes their song
- Design a treasure hunt, complete with map and clues, with a small gift as the prize
- Hide something special in their lunchbox
- Throw them a birthday party
- Give them nature gifts such as wildflowers, interesting stones or feathers (works especially well for younger children)
- Get them involved in choosing their birthday or Christmas present

Note: Freely give your children gifts, not in exchange for good behaviour. Otherwise, that's simply a bribe. Also, this love language in particular needs to be expressed in conjunction with the other love languages. It's no use just giving a gift if children can't feel the love conveyed through it.

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HERE ARE SOME THINGS YOU CAN DO TO SPEAK YOUR CHILD'S LOVE LANGUAGE OF PHYSICAL TOUCH

- Hugs
- Kisses
- Toss them up in the air (safely!)
- Spin them round and round
- Read a story with them on your lap
- Gently touch them on the shoulder, back or arm for no reason at all
- Stroke their hair or running your hands through it
- Pat them on their arms or legs
- Give them horsey rides
- High fives
- Play-wrestle
- Gentle jostle them as they walk past
- "Accidental" bumps when you walk past them
- Join them in contact sports such as soccer, basketball or football (Bonus: this activity also speaks the quality time love language!)
- Back rubs
- Snuggle while watching TV
- Tickle fights
- Hold hands

Note: Generally, school-aged boys may prefer a more rough-and-tumble touch, while girls may prefer softer touches.

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HERE ARE SOME THINGS YOU CAN DO TO SPEAK YOUR CHILD'S LOVE LANGUAGE OF QUALITY TIME

- Be involved in what they're doing
- Schedule one-on-one time, a "date day", once a month
- Give them undivided attention, even if it's just for 15 minutes
- Have positive eye contact with them
- Provide opportunities for conversation
- Read to them (what you read can often serve as a springboard for conversation and emotional coaching)
- Have family dinners (or breakfasts, if that fits your schedule better) together
- Go for short walks
- Go on overnight trips or camping trips (or just pitch a tent in the backyard)
- Go on car rides
- Do everyday things with them, such as including them in your chores and errands
- Play with them and get involved in their games
- Walk the dog together
- ing together
- Designate a special spot in the house where you play together
- Invite older children to help plan and research family holidays
- Go on bike rides
- Include reading a book, short conversations about their day or prayer as part of the bedtime routine
- Help them with their homework; conversely get them to help you with your work projects
- Work in the garden together

Note: Spending quality time together is not about going anywhere special or expensive. What your child simply wants is your attention and company.



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HERE ARE SOME THINGS YOU CAN DO TO SPEAK YOUR CHILD'S LOVE LANGUAGE OF WORDS OF AFFIRMATION

- Say "I love you"
- Tell them "I'm proud of you"
- Cheer for them
- Speak words that convey affection and endearment
- Shower them with praise and encouragement
- Tell them how much you appreciate them and what they have done
- Be specific about what they've done well (don't just say "good job")
- Give them reasons why you're proud of them
- Ensure there are no strings attached (so don't follow up "You are [good point]" with "so you should [action]")
- Avoid criticisms
- Provide positive guidance
- Celebrate them for who they are, not what they do
- Explain rules and prohibitions. Focus on the concern you have for their wellbeing and the emotional impact it would have on you
- Leave them notes in their lunchbox
- Draw or paint something that shows how much you love them
- Frame what they have drawn or painted, together with a note on why you love it
- Give them an affectionate nickname that is only shared between you and them
- Place their artwork in places they recognise as important to you
- Leave surprise "I love you" notes around the house for them to find
- Recognise their good intentions, even if they made a mistake

Note: Delivery matters when you speak with children whose love language is words of affirmation. Speak with:

- A gentle tone
- Affection
- A soft voice
- Politeness
- Ask, not command
- Avoid yelling or screaming.
- Don't give harsh, negative or critical comments.
- Apologise and seek forgiveness if you do it.

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