



WHAT IS YOUR CHILD'S LOVE LANGUAGE®?



@instituteofchildpsych

The 5 Love Languages®



Quality Time™



Physical Touch™



Acts Of Service™



Words of Affirmation™



Gifts™

@instituteofchildpsych



EXAMPLES

- Prepare a homemade card
- Surprise your child with their favourite dessert
- Make a scavenger hunt with small dollar store items to celebrate overcoming a big obstacle
- Surprise them with an experience for a gift

AVOID

- X Forgetting special occasions
- X Buying a gift without putting much thought into it
- X Not preparing a gift in a special way

@instituteofchildpsych



EXAMPLES

- Clean their room (as a surprise)
- Help them with homework
- Teach them something new
- Pick them up on time
- Make their favourite meal

AVOID

- X Making the requests of other a priority frequently
- X Lack of follow-through on tasks
- X Broken promises

@instituteofchildpsych



EXAMPLES

- Cuddling
- Kisses
- Massages
- Pillow fights
- Jumping on a trampoline together
- Tead stories together in bed

AVOID

- X Physical neglect
- X Physical Punishment
- X Withholding affection

@instituteofchildpsych



EXAMPLES

- Doing chores together
- Family games
- Making meals together
- Going for a walk or bike ride
- Family movie nights
- Playing together

AVOID

- X Having them play by themselves exclusively
- X Spending too much time on your device
- X Not engaging in family activities

@instituteofchildpsych



EXAMPLES

- Say "I love you"
- Notes in their lunch box
- Post-it on their bedroom door letting them know what you appreciate about them
- Active listening
- Reflect their feelings

AVOID

- X Criticism
- X Silent treatment
- X Not validating their efforts or accomplishments

@instituteofchildpsych