



# COUNSELING CONNECTION

## FEBRUARY'S NEWSLETTER LOVE LANGUAGES

BPA Student Support & Services

### 5 Types of Love Language

Kids are naturally kind and loving beings. Even from a young age, babies and toddlers love to give hugs and kisses and be little helpers to their mommies and daddies.

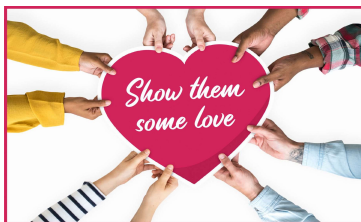
But as kids grow, even if their natural inclination to love stays intact, they may need guidance and direction as to how to show their love.

Everybody likes to feel love in a certain way. Some people like hugs and kisses and other people hate being touched and would prefer a gift or some help with the chores.

It is important to teach kids from a young age how to properly express love to those around them.

The Five Love Languages are:

- Words of Affirmation (words of affection)
- Acts of Service
- Receiving Gifts (meaningful gifts)
- Quality Time
- Physical Touch (physical affection)



### Tips for Parents

#### *Ideas For Loving the Words of Affirmation Child*

- Say good job or well done when they accomplish something hard.
- During times of stress or anxiety, talk specifically about things you love about him/her
- Say kind things about him/her when talking to other people

#### *Ideas For Loving the Service Child*

- Work on difficult tasks or chores together
- Respond quickly when he/she asks for help
- Make his/her favorite meal as a surprise

#### *Ideas For Loving the Gifts Child*

- Leave a note somewhere for him/her to find
- Make a special treat just for him/her
- When buying a 'necessity' wrap it up and present it in a special way

#### *Ideas for Loving the Quality Time Child*

- Make a point of putting aside distractions and making eye contact when talking
- Go on a walk together
- Work on chores and other assignments together rather than making him/her work alone

#### *Ideas for Loving the Physical Touch Child*

- Rub your child's back while after a stressful or trying moment
- Sit close while watching TV or a movie
- Give lots of high-fives