

5 Ways to say 'I Love You'

Building Authentic Relationships

Shaping Faith

About:

We believe that we were created by a loving God, so it is only natural that children need to feel loved in order to best develop and succeed. But if you and your child speak different love languages, your display of love might get lost in translation – affecting your child's attitude, behaviour, and development.

In order to help you communicate "I Love You" effectively with your child we have developed this simple activity, based on Gary Chapman's 5 love languages, as a way to empower your home through building authentic relationships. The idea is that once you have discovered your child's love language (see below) you can cut out the hearts that relate to your child. Sit down on your own or with your child and on the back of each heart write down specific actions, communication methods and things you will aim to avoid as you communicate to your child "I Love You." Keep these hearts in a safe place that will remind you daily how to best communicate "I Love You" in your child's love language.

Discover the languages

This activity has been based on Gary Chapman and Ross Campbell's book 'The 5 love languages of children'. To learn more you can purchase this book from any christian book store. Or, alternatively you can visit www.5lovelanguages.com to find out what your child's specific love language is by playing the love languages mystery game with your child or read through the free love language profiles.





