



## “5 love languages for kids”

A positive, connected relationship with our children is the foundation they need to thrive in the future.

Parents essentially ought to communicate their love in ways that is well received and understood by their children. This ends up strengthening and nurturing their bond. In the book “The 5 love languages for kids” by Gary Chapman, we come across the LOVE BUCKET every child possesses. When this bucket is filled to its brim, kids will become the best versions of themselves and cope more resiliently with life’s challenges.

But when the bucket faces scarcity of love, children will have difficulties dealing with challenges and more behavioral issues may arise.

When our personal love language is different from our child’s, we may do things that we feel are communicating love towards them, but that in turn can be lost in transition. Once you identify what makes the biggest impact on your child, you become aware of their primary love language.

### **The 5 love languages are:**

1. Quality time
2. Receiving gifts
3. Words of affirmation
4. Acts of service
5. Physical touch

These can be communicated in many ways. Some of them are listed here.

- Create small routines that you can do every day.
- Say ‘I love you’ often.
- Share encouraging words about what makes them special & one of a kind.
- Listen to their stories and respond thoughtfully to what they share.
- Add a special treat to their Tiffin or surprise them with toys they have been wanting.
- Praise their accomplishments.
- Help them with their homework and do random acts of kindness with them, for others.
- Give them Comforting hugs, pats and cuddles, hold hands while walking.

With best wishes,  
Health & Wellness Department  
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