**GCCHM Leadership Certification**

**Level IX, Course #7**

**THE FIVE LANGUAGES OF LOVE OF CHILDREN**

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**(Presenter’s Notes)**

**Speaking Your Child’s Language**

Every child has a primary language of love, a way in which he or she understands a parent’s love best. Love is the foundation to a secure child who grows into a giving, loving adult. Children desperately need to know how much you love them. But if you don’t know their special “love languages,” you might as well be speaking gibberish. Every child (like every adult) expresses and receives love best through one of five communication styles. If your language is different from your child’s, you’d better learn to translate—fast. Or you could miss your chance to meet their deepest emotional needs.

**Love is the Greatest**

* A child's need for love is basic to all other needs.
* Receiving love and learning to give love is the soil out of which all positive human endeavors grow.
* Speaking your child's love language will meet his or her deep emotional need for love**.**

**The Five Languages of Love**

1. Physical Touch
2. Words of Affirmation
3. Quality Time
4. Receiving Gifts
5. Acts of Service

**#1: Physical Touch**

Research studies have come to the same conclusion: Babies who are held, hugged, and kissed develop a healthier emotional life than those who are left for long period of time without physical contact.

When the mothers brought their children to Jesus, He took them in his arms, put his hands on them and blessed them. (Mark 10:13-16).

* Physical touch is a powerful vehicle for communicating love.
* Physical touch provides emotional security for those whose primary love language is physical touch.
* Physical touch comes in many forms:
	+ Holding hands
	+ Kissing
	+ Hugging
	+ Piggyback
	+ Wrestling on the floor
	+ Running your hand through your child's hair
* For teenagers, show your love positively at the right times and places.
* Mothers should never hug a son in the presence of his peers.
* Teenage girls need hugs and kisses of their fathers.
* Teenagers find hugs and physical touch helpful when they go through difficult times.

**#2: Words of Affirmation**

* Some children feel their greatest sense of love in expressions that affirm them.
* There are several types of affirmation:

**a) Words of Affection & Endearment**

 \* “I love you.”

 \* “Love you, honey”

 \* “I just love your beautiful red hair”

**b) Words of Praise**

 \* Give genuine praise for things a child has done.

 \* Praise a specific work or one aspect of it that is well done.

 \* Do not flatter. Children can tell the difference.

**c) Words of Encouragement**

\* Encourage means “to inspire courage.

\* Encouragement helps to inspire untapped potential and talents.

**d) Words of Guidance**

 \* Offer positive words to guide children in ethics, academic pursuits, social behaviors, etc.

 \* Offer words of guidance in a loving, patient manner. Request not demand.

**#3: Quality Time**

* Togetherness

 \* Focused attention not proximity.

 \* Doing something together.

 \* Enjoying being with each child playing, telling stories, & having positive eye contact.

**a) Quality Conversations**

 \* Sharing your thoughts and feelings with your child.

\* Children learn how to communicate on this level helps them in their own future

 relationships.

**b) Quality Activities**

 **\*** Doing things together with your children.

 \* Reading to your children.

 \* Playing ball and games with them.

 \* Plan trips with them like camping, overnight trips, mission trip, etc.

 \* Bake cookies and cook together with the children.

 ***“If quality time is your child’s primary love language, you can be sure of this: Without a sufficient supply of quality time and focused attention, your child will experience a gnawing uneasiness that his parents do not really love him.”***

***Gary Chapman***

**#4: Receiving Gifts**

* Giving children the gift of love is essential.
* Be wise in buying gifts for your children.
* Do not use gifts as a bribe for children to obey.
* Do not give gifts as substitute for your presence.
* Children whose primary love language is the receiving of gifts will always make much of receiving the gift.
* They want the present to be wrapped and given in a unique way.
* They make a special place in their room for the new gift as they display it proudly.
* The gift reminds them that you thought about them.

**#5: Acts of Service**

* Responding to your child’s request for help fills his emotional love tank.
* Serving them helps them develop to mature adults who give love to others through acts of service.
* Be hospitable & positive in response to child’s requests for help
* Make service appropriate to age
* We serve our children, but as they are ready, we teach them how to serve themselves.
* Loving service is not slavery but willingly.

**How to Discover Your Child’s Love Language?**

1. How does your child express love to you? – If your five-to-eight-year-old frequently gives you words of appreciation such as, “Mommy, I loved supper,” or “Daddy, thanks for helping me with my homework,” you can rightly suspect that his primary love language is words of affirmation.
2. How does your child express love to others? – If your child always wants to take a present to his teacher, this may indicate that his primary love language is receiving gifts. A child who language is gifts receives tremendous pleasure from getting presents and wants others to enjoy this same pleasure. He assumes that they will feel what he does when they receive a gift.
3. What are your child’s most often requests? – If your child often asks you to play games with her, take a walk together, or sit and read a story to her, she is requesting quality time. “Mommy, what do you think of my drawing?” or ”Did I play my piece well?” are all requests for words of affirmation.
4. What are your child’s most frequent complaints? – If your child complains, “You don’t ever have time for me,” or “You always have to take care of the baby,” or “We never go to the park together, he is probably revealing more than a simple frustration at the coming of a new baby. He is expressing that since the baby arrived, he is feeling less love from you. In his complaints, he is clearly requesting quality time.
5. Give Your Child Options
* Give your child a choice between two options.
* You may say, “Eric, I am getting off early Thursday afternoon. Do you want to go fishing or I could help you pick out some new basketball shoes?”
* Watch your child for several weeks of choices. If they cluster around one of the five

 love languages, you have likely discovered which one makes him feel more loved.

Learn your children’s love languages, and you’ll discover how to express unconditional feelings of respect, affection and commitment that will resonate in their souls – and inspire them for the rest of their lives