

Five Love Languages

Nearly all parents deeply Love their Children, yet not all children feel that unconditional love and care.

There are five ways in which we can show our love to them. That five ways are mentioned as 5 languages.

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

Every child has a emotional tank a place of emotional strength. We are going to learn how we can fill this tank.

Physical Touch

1. Hugs and kisses are the most common ways of speaking this love language

a. Examples: -

A Dad tosses his year old son in the air.

Dad spins his seven-year-old daughter round and round and she laughs wildly.

A Mom reads a story with her three-year old on her lap.

b. By doing like this you can easily fill their love tanks.

2. Physical touch is the easiest love language to use unconditionally

a. We have constant opportunity to transfer love to the heart of a child with touch.

b. The language of touch is not confirmed to a hug.

c. It includes and kind of physical contact.

d. When the children are busy with their Toys, Parents can open gently touch a child on the back, arm or shoulder.

3. We must learn this art of touching

a. Because this is the basic way to show our love.

b. Example of Dani and his daughter Cathy.

c. Lack of affection on Father's part could distract a daughter's relationship with all males later.

4. Physical touch is one of the love's strongest voices

a. It shouts, 'I love you'.

- b. Our Children need plenty of touches during their first few years.
- c. Even an infant is able to tell the difference between gentle and harsh or irritating touches.
- d. Children need many meaningful touches every day, and parents should make every effort to provide these expressions of love.

5. Tips: -

- a. Play games with them.
- b. Running your hand through your hair, touching him on the shoulder.
- c. Patting him on the back.
- d. Some adults regard boys as less appealing during certain stages. But you should resist them.

Learn this love language

“Physical Touch” Build a strong relationship with your Child.

Word of Affirmations

1. Understanding ‘I love you’.

- a. Long before they can understand the meanings of word, the children receive emotional messages.

2. Right kind of praise

- a. Praise and affection are often combined in the message we give to a child.
- b. Different between Praise and affection (eg.) Great Catch
- c. If you use praise too frequently your words will have little positive effects.

3. The power of encouragement:

- a. We are seeking to give the courage to attempt more.
- b. To a young child almost every experience is new.
- c. By our words we either encourage or discourage the child’s efforts.
- d. They need encouragement not only in learning vocabulary, it is true in of social skills.

4. The greatest enemy of encouraging our children is anger:

- a. The more anger to parent heartsore the more anger the parent will dump on the children.
- b. We must keep our anger to a minimum and to handle it maturely.
- c. The volume of a parent’s voice has great influence over a child’s reactions to what the parent says.

- d. It takes practice to speak softly but we can all learn how to do it.
- e. When we are feeling tense with our children, we can learn to speak calmly asking questions whenever possible rather than issuing commands.

5. Example of Elementary School Teacher

6. Right message in a Wrong Manner

- a. Children need guidance
- b. All children are guided by someone.
- c. Are my children receiving positive and loving guidance?
- d. A positive message delivered in a negative manner will always reap negative results.
- e. As one child said, "My parents are yelling and screaming at me, telling me not to yell and scream. They expect me to do something they have not learned to do. It's unfair".

7. Keep a notebook titled 'words of Affirmation'.

- a. When you hear other parents giving affirmation to their children write their statement in your notebook.
- b. When you read an article on child rearing round a positive word you find.
- c. Look for books on parent child relationships and record all the words of affirmation you discover.
- d. The more often you say them, the more they will become your own.
- e. These consciously look for opportunities to say these affirming things to your child, at least three times a day.

The best reward of all is that you will see the effect on the face of your child especially in his eyes and you will feel in your heart.

Quality Time

1. Quality time to focused undivided attention..

- a. Infants receive plenty of quality time.
- b. As a child grow the giving of quality time becomes more difficult.
- c. It requires real sacrifice on the part of parents.
- d. Giving a child quality time means we have to give up something else.
- e. Quality time is a parent's gift of presence to a child. It conveys the message, you are important 'I like being with you'.

2. Finding time to be alone with each child..

- a. It is not easy, yet it is essential.
- b. Making the effort is rather like an investment in the future of your children.
- c. This is not easy but it can be done.
- d. (eg.) Susanna Wesley
- e. The key to quality time is found in the values and priorities.

3. Quality time should include loving eye contact..

- a. Looking in your child's eyes with care is a powerful way to convey love from your heart to the heart of your child.
- b. Studies have shown that most parents use eye contact in primarily negative ways.
- c. Some time, family members refuse to look one another as a means of punishment.

4. Quality time – Sharing thoughts and feelings..

- a. Quality time not only means doing things together but it is a means for knowing your child better.
- b. Quality conversation.
- c. Bedtime – Read me a story.

5. Planning for Quality Time

- a. Mealtimes are natural events around which to plan.
- b. Consider overnight trips

Gifts

1. The giving and receiving of gifts can be a powerful expression of love.

- a. The most meaningful gift become symbols of love.
- b. Parents will use a combinations of physical touch words of affirmation quality time and service to keep the love tank full.
- c. A story of Sheba and Joy.

2. Grace of Giving

- a. Difference between gift and bribe.
- b. Demonstrate every gift whether a necessary.
- c. Never buy a non-essential toy if you can't afford it.

3. Before buying a Gift ask these questions...

- a. What message does this toy communicate to my child?
- b. It is a message with which I am comfortable?

- c. What might my child learn from playing with this toy?
 - d. Will it over all effect tend to be positive or negative?
- 4. Not every toy needs to be educated but they should all serve some positive purpose in the life of your children.**
- a. Appropriate toys should help a child learn how to focus his attention with enjoyment.
 - b. Parents and grandparents may need to give less rather more, carefully choosing gifts.
 - c. It is wise to select a gift that a child truly wants.
 - d. Remember not all gifts come from a store.
 - e. Wildflowers, unusual stones, event different can qualifying as gifts when wrapped or presented in a creative manner.

Acts of Service

1. Parenting is a service-oriented vocation.

- a. Some people speak acts of service as their primary love language. Parenting is a service-oriented vocation.
- b. The day you found out that you would have a child, you enrolled for full time service.
- c. Acts of service are physically and emotionally demanding.
- d. Therefore, we parents must give attention to our physical and emotional health.
- e. For physical health, we need balanced patterns of sleeping, eating and exercising.
- f. For emotional health, self-understanding and a mutually supportive marital relationship are crucial.

2. Who do I serve?

- a. It is not just your Children keep your partner's love tank full by your acts of service.

3. What is best?

- a. As parents, we serve our children but not our primary motivation is not to please them. (eg.) Put three candy bars in your child's lunch box and she will cheer, but you won't be giving her the best.
- b. Do not view acts of service as a way to manipulate your children.
- c. Acts of service can become a model for your Child's service and responsibility.
- d. Making beds for four-year-old is an act of service, but eight year olds are capable of doing by themselves.
- e. The acts of service has an intermediate step.

- f. We serve our children, but as they are ready we teach them how to serve themselves and then others.
- g. As parents we must be careful not to force children to be replicas of us.

4. Shoot in Straight

- a. “Do you really feel that I love you?”

5. Service or Slavery?

- a. Loving is not a slavery, as some fear.
- b. Loving service is an internally motivated desire to give one’s energy to others.
- c. Loving service is a gift, not a necessity and is done freely, not under correction.
- d. When parents serve their children with a spirit of resentment and bitterness a child’s physical needs may be met, but his emotional development will be generating hampered.
- e. Because service is so daily, even the best parents needs to stop for an attitude check now and then.

Eph 6:4 (BBE) **“And, you fathers, do not make your children angry: but give them training in the teaching and fear of the Lord”.**