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NEWSFLASH  
ON "LOVE"

www.totsline.org

THE ANNE ARUNDEL COUNTY

TOT'S LINE

**According to psychologist Dr. Gary Chapman there are five different love languages.**

Each of us likes to be loved in a different way. We love best when we customize our message of love to the person receiving it. Messages of love are only effective when the person, to whom we send the message, feels loved, valued, supported, or cared about. Most people prefer love in some combination of languages. It is important to remember that love languages change according to a person's mood and changing life.

**Love language # 1 Physical touch.** Loving touches are vital to a child's emotional development. Even if you are busy with your daily routine, arrange some time to touch, hold, and cuddle your child. Sit your child on your lap while reading or singing to him or her.



**Love language #2 Words of affirmation.** Words of affection, praise, and encouragement that give positive guidance will nurture your child's inner sense of worth and security.

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| <p>Learn to speak softly and in a pleasant way.</p> <p>Catch your child being or doing something good and commend him/her for it.</p> <p>Try using questions instead of issuing commands. For example, instead of, "Do this now." Use "I'd like to have your help. Would you do this for me?"</p> | <p>Know how to handle your own emotions appropriately.</p> <p>Praises used too frequently will have little effect.</p> <p>Don't be tempted to say, "I love you... will you do this for me?" It dilutes the message of love with conditional statements. Your child will feel manipulated.</p> |
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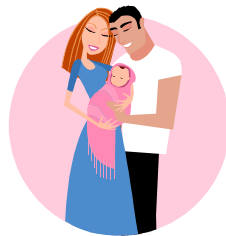


**Love Language #3 Quality Time.** Quality time is being alone with your child and doing something together. Story reading time is a great way to have quality time with your child. Planned quality time can be regular family dinner or breakfast together, and maybe even an overnight trip.

**Love Language #4 Gifts.** Use a gift with a combination of other love languages. Be selective and choose gifts with your child. Don't be tempted to shower your child with gifts as substitutes for the other love languages because you do not want your child to become materialistic. Gifts don't need to be bought at a store, use your creativity. For example, stones picked up from a winding road or shells from a beach.

**Love Language #5 Acts of Service appropriate to age.** Don't be tempted to say, "If you don't listen to me, I won't do this for you." Remember everyone has different aptitudes and abilities. The purpose is to help your children develop their skills, not force them to be replicas of ourselves or fulfill the dreams we never accomplished for ourselves. To speak this love language you need physical and emotional energy, therefore it is very important to take care of yourself.

Research shows that loving and better child behavior at all



nurturing parenting is linked to ages.

### **How to be a more Loving and Nurturing Parent**

**Clearly separate Dissatisfaction With Behavior From Love Of Child.** When your child misbehaves, you need to correct them. Tell them it is what they did that you don't like and that your love for them cannot be changed by anything. For example, "I am angry with what you did, but I will always love you."

**Listen with your heart.**

**Show kindness.**

**Taking Care Of Younger Siblings.** Older child can hold the younger child's hand while crossing the road or help feed the younger child.

**Express appreciation.**

**Be a friend.**

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