



Counseling Corner- November 2018

Mrs. Shaw, 5th-8th School Counselor

Love Language: The 5 Love Languages of Children

Dr. Gary Chapman

Storybooks and television tell our children that love is a mushy, wonderful thing that's all butterflies and romance and rainbows. But as adults, we know that loving others—whether a spouse, a family member, a friend or simply your neighbor—is more often an exercise in self-sacrifice and putting others first. Butterflies are optional. Dr. Gary Chapman says knowing your child's love language can make all of the difference in your relationship. Here, he shares descriptions of his 5 love languages list.

1. Physical Touch

Hugs and kisses are the most common way of speaking this love language, but there are other ways, too. A dad tosses his year-old son in the air. He 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. For children who understand this love language, physical touch will communicate love more deeply than will the words, "I love you," or giving a present, fixing a bicycle, or spending time with them. Of course, they receive love in all the languages, but for them, the one with the clearest and loudest voice is physical touch. Without hugs, kisses, pats on the back, and other physical expressions of love, their love tanks will remain less than full.

2. Words of Affirmation

In communicating love, words are powerful. Words of affection and endearment, words of praise and encouragement, words that give positive guidance all say, "I care about you." Such words are like a gentle, warm rain falling on the soul; they nurture the child's inner sense of worth and security. Even though such words are quickly said, they are not soon forgotten. A child reaps the benefits of affirming words for a lifetime.

3. Quality Time

Quality time is focused attention. It means giving a child your undivided attention. Quality time is a parent's gift of presence to a child. It conveys this message: "You are important. I like being with you." It makes the child feel that he is the most important person in the world to the parent. He feels truly loved because he has his parent all to himself. When you spend quality time with children, you need to go to their physical/emotional level of development. The most important factor in quality time is not the event itself but that you are doing something together, being together. 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.

4. Gifts

The giving and receiving of gifts can be a powerful expression of love, at the time they are given and often extending into later years. The most meaningful gifts become symbols of love, and those that truly convey love are part of a love language. Most children respond positively to gifts, but for some, receiving gifts is their primary love language. You might be inclined to think that this is so for all children, judging from the way they beg for things. It is true that all children—and adults—want to have more and more. But those whose language of love is receiving gifts will respond differently when they get their gift. Remember, for

them, this is love's loudest voice. They see the gift as an extension of you and your love.

5. Acts of Service

Some people speak acts of service as their primary love language. If service is your child's primary love language, your acts of service will communicate most deeply that you love Johnny or Julie. When that child asks you to fix a bicycle or mend a doll's dress, he or she does not merely want to get a task done; your child is crying for emotional love. If your child's primary love language is acts of service, this does not mean that you must jump at every request. It does mean that you should be extremely sensitive to those requests and recognize that your response will either help fill the child's love tank or else puncture the tank. Each request calls for a thoughtful, loving response.

(Reference-<https://www.imom.com/love-language-the-5-love-languages-of-children/#.W83kUGhKjcs>)

Would you like to learn your child's primary love language? Print the following link and have them complete. [5 Love Languages Test for Teens](#)

Short Stops

Which language?

Is your child taking a foreign language now or thinking about taking one? Suggest that she weave a new language into her leisure time. She could watch a televised soccer game in Italian, set an online account or her phone to Spanish, or listen to music in French. She'll pick up new words—and be motivated to continue learning.

"What I do well..."

Focusing on your tween's strengths will help him see himself as capable. Point out what he's good at ("The characters you invent in your stories really come to life"). Then, encourage him to develop talents by stretching his skills. For instance, he might try his hand at writing a science fiction story or enter a writing contest.

Hygiene habits

Middle school is a good time for you and your children to evaluate their hygiene routines. At this age, they'll start to sweat more, so they'll need to work harder to keep their skin clean. Introduce habits like washing their faces morning and night and using deodorant daily.

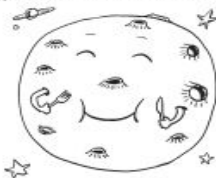
Worth quoting

"A good head and a good heart are always a formidable combination."
Nelson Mandela

Just for fun

Q: How do you know when the moon has had enough to eat?

A: When it's full.



Respect all around

Being respectful will make your middle schooler's relationships better at school and at home. Here are ways he can show respect for himself, other people, and the world around him.

Respecting himself

Tweens with self-respect are more likely to stick to their values and say no to risky behaviors. Teach your child to check in with himself *before* he makes decisions. Say a friend invites him to a party where parents won't be home. He could think about what might go on there and say, "Thanks, but that's not for me."

Respecting others

Explain that showing respect will make it easier for your tween to get along with adults and peers—and help him earn their respect, too. He can do that by treating people as he wishes to be treated. For instance, he should eat snacks in the kitchen at a friend's house if that's the family's policy (even if he eats in the living room at your house). Also, he'll respect classmates by doing what he



says he will, such as completing his part of a project he's doing with a partner.

Respecting the environment

Encourage your middle grader to adopt the motto, "Leave a place better than you found it." To put that into practice, he might throw away trash that he sees in your neighborhood or at a park. Conserving resources is another way to respect nature. He can turn lights off when he leaves a room and shut water off while brushing his teeth. 👍

Help wanted

When your child is stumped about a concept or a homework problem, teachers want to help. Plus, asking for assistance shows that your tween cares about her work. Encourage her to seek help confidently with these tips.

■ **When to get help:** Her question may have an easy-to-find answer. Suggest that she check her textbook and notes or call a classmate. If that doesn't work, she should approach her teacher.

■ **How to ask:** Your child might wait until the teacher is free and say, "I'm having trouble with my essay thesis. Can you help me?" Or if the question pops up after school, she could email, "I don't understand why I got this algebra problem wrong. When is a good time to stop by?" 👍

