<table>
<thead>
<tr>
<th><strong>Touch</strong></th>
<th><strong>Words</strong></th>
<th><strong>Quality Time</strong></th>
<th><strong>Gifts</strong></th>
<th><strong>Service</strong></th>
</tr>
</thead>
</table>
| Describes your child:  
Receive hugs  
Kisses  
High Fives  
Cuddle  
Asks to be carried  
Physical activity: racing, wrestling, tag, climbs in your lap | Describes your child:  
Likes for others to tell them they did a good job.  
Favorite words include:  
Terrific!  
Good job!  
You're #1!  
Awesome kid!  
You did it! | Describes your child:  
Loves to do things with you: watch a movie, yard work, go out to eat, run errands, play a game.  
Tries to get your undivided attention.  
Wants to sit next to you or have you watch them while they're playing. | Describes your child:  
Feels good when someone gives them something.  
Enjoys a special present or surprise.  
Enjoys: birthday presents, surprise treats, earning a treat, having their favorite food made for them. | Describes your child:  
Likes it when people do nice things for them: helping with chores, school projects, driving places, making meals and snacks |

**Mom Tips:**  
Hold hands, Hug often,  
Bean bag chairs, Tight spaces / swaddle, Family cuddles, Sing action songs, Tickle fun,  
Read stories together on the couch or your lap  

**Mom Tips:**  
Write notes on the mirror, Compliment,  
Speak positively about them, Always say I Love You, Praise them aloud around others, Write a letter to them, Come up with a cheer or song with their name in it, Be specific in your praise  

**Mom Tips:**  
Run errands 1:1 together,  
Date night/ breakfast 1:1,  
Make eye contact, Ask about day, Pay attention to details, Plan special events/trips, Eat together as a family,  
Read together, Bedtime Routine  

**Mom Tips:**  
Keep a small stash of inexpensive gifts, Give them a flower or stone you find outside, Leave gifts for them when you're out of town, Shop with them for a special gift, Send them on a gift treasure hunt  

**Mom Tips:**  
Practice sports together,  
Work together on a project, Check homework,  
Pick them up on time,  
Surprise them by doing a chore for them, teach them how to serve others

The #1 job of parents is to meet their child’s need for love. A child with a full love tank = a healthy, emotionally stable child.

Books Resources:  
The Five Love Languages of Children by Chapman and Campbell (2012 edition)  

Websites:  
www.5lovelanguages.com,  
Assessment:  
http://www.5lovelanguages.com/assessments/love/  

Compiled by: Busy Kids = Happy Mom,  
www.busykidshappymom.org