

LANGUAGES OF LOVE: **SHOWING**

There are many customized ways to show love. There is telling. There is hugging. And there is showing. Every person likes to receive love in a little different way.

Actions Speak Louder than Words

Rather than be told about your love, people who like to be shown love want to see it.

Everyone Likes to be Shown Love

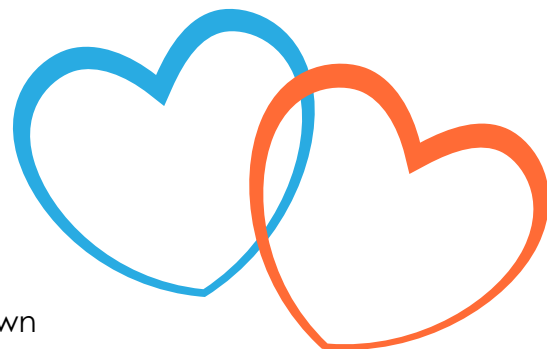
Show each child love, even if it is not their primary language. An ounce of action may be worth a pound of promise. Spend time with each child and be sure to follow through on promises.

Notice the Way a Child Likes to Receive Love

The way your child shows you love can show how the child best understands love. Perhaps love is shown through the small things in spending time together rather than the big events.

The following are some ideas of ways to show love.

- Take a bike ride together
- Play a game together
- Help the child organize his room
- Go to a ballgame together
- Make a trip to the library together
- Go fishing together
- Sit and watch the stars come out
- Go to a movie together
- Go camping together
- Go shopping together
- Have a treasure hunt
- Read a book together
- Take a hike together
- Take a walk around the block
- Sit together and talk
- Work on a project together: make something with paper, clay, stickers, fabric, etc.
- Go to an interesting place – a museum, a power plant, a farm, a construction site.



FAMILY TIME ACTIVITY: COTTON BALL BLOW

Sit across the table from the child, holding the child's arms with your arms to outline the playing field. Place a cotton ball in the middle of the field. On your signal, both of you will begin to blow. (Determine what your signal will be ahead of time. The sillier, the more fun!) The object is for the child to blow the cotton ball over to your chest and then you blow the cotton ball over to the child's chest. Tips: Tell the child the name of the game you will be playing. Be sure to determine the signal word before you begin. Give the child clear directions to the game and tell him/her that this is only for fun, not a competition. Don't remove your hand from the cotton ball until you say the signal word. Try to use words to explain what is happening whenever you can. Example: "You blew the cotton ball half way to me. You just need to blow it a little farther." Be sure to make eye contact with the child as much as is comfortable for both of you.

Activity slightly modified from "I love You Rituals" by Dr. Becky Bailey, Conscious Discipline.