

LANGUAGES OF LOVE: TELLING

There are many customized ways to love. There is showing. There is hugging. And there is telling. Every person prefers a little different combination of love.

Telling Love with Words

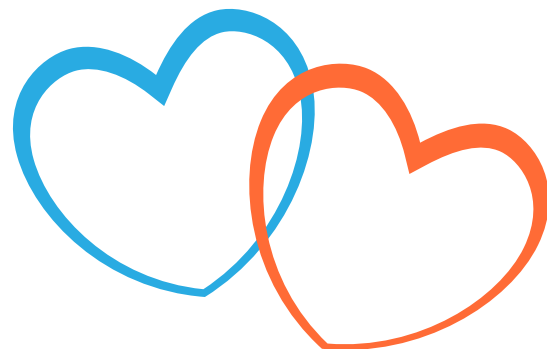
- “I love you.”
- “You crack me up.”
- “You make me laugh.”
- “I love being with you.”
- “My life is better because you are in it.”
- “Thank you for being my child.”
- “You make my life richer by being in it.”

Telling Can Be Done in Many Ways

- Write a note. Put a surprise note in the child's lunchbox or bookbag.
- Put a special sign on the bedroom door listing all the great things about that child.
- Write letters about good times and cherished memories they can read later.
- Tell the story of his/her birth or certain memories.
- Tell about your pride and joy as the child grew.
- Use stickers or draw pictures.
- Invite them to join you in an activity.
- Send a post card, note, or greeting card through the mail to the child even when you are not away.
- Help your child set up a correspondence with a relative who loves them.

Build Special Traditions

- Make up a special pet name like “My little lunch-box of happiness.” (Make sure the child enjoys the name and nobody else receives the special pet name.)
- Use endearments: Honey, Sweetie, Dear, etc. (But not at a time that might embarrass them).
- Celebrate something you share in common – a favorite food, color, cloud formation, etc.
- Share little rituals to verbalize love at wake-up time, bedtime, meal time, when leaving, etc.



FAMILY TIME ACTIVITY:

A Wonderful Woman Who Lived in a Shoe

A wonderful woman lived in a shoe.

(Give palm of hand a massage)

She had so many children

(Touch each finger of one hand)

She knew exactly what to do.

(Touch each finger of other hand.)

She held them. (Fold each of child's hands into fists and hold them in your hands.)

She rocked them. (Holding child's hands securely, rock it from side to side)

And tucked them in bed. (Press child's hands against his/her chest.)

“I love you, I love you” is what she said.

(Say this lovingly as you give the child a hug.)

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