


The Power of Love

- We want to feel loved by significant people in our lives.
- We also believe that someone needs our love.
- Giving and receiving love is the center of our well-being.
- If you feel loved and needed, you can survive the pressures of life.
- Without love, life can become exceedingly bleak. For example, depression and despair.

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- Love is the fundamental building block for all human relationships.
- Love can impact our values and morals. Without love, we look to other things such as addictions. But with love these things can cease to exist.
- Love gives us meaning in life.

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Words of Affirmation
Physical Touch
Quality Time
Acts of Service
Gifts



5 Love Languages

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Words of Affirmation



ACTION

- Spoken Words
- Written cards, letters

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How to Communicate

- Encouraging Words
- Compliments
- Affirming Spirit



Communication Ahead ↑

Words of Affirmation

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Mark Eklund

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Avoid


- Emotionally Harsh Words
- Criticism



Words of Affirmation

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Physical Touch




ACTION

- Hugs
- Pats
- Touches
- Sitting Close
- Neck or Back Rubs

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How to Communicate

- Pleasant Facial Expressions
- Mostly Non-Verbal



Physical Touch

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Avoid


- Physical Abuse
- Corporal Punishment
- Threats
- Neglect



Physical Touch

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Quality Time




ACTION

- Running Errands
- Taking Trips
- Doing Things Together
- Going on Walks
- Sitting/Talking at Home

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How to Communicate

- Quiet Places with No Interruptions
- Undivided Attention
- One-on-one Conversations




Quality Time

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Avoid


- Too much time with Friends or Groups
- Undivided Attention



Quality Time

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Acts of Service



ACTION

- Assisting with Yard or House Chores
- Ongoing Acts of Helpfulness
- Exchanging of Chores

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How to Communicate

- Say, "What can I do for you?"
- Say, "I will stop and get..."
- Say, "Today, I did...."
- Making a Checklist




Acts of Service

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Avoid

- Forgetting Promises
- Over Commitment of Tasks
- Ignoring



Acts of Service

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Gifts
ACTION

- Giving Gifts
- Giving Time
- Remembering Special Occasions
- Giving Small Tokens

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How to Communicate

- Private Giving of Gifts
- Pleasant Facial Features

Communication Ahead ↑

Gifts

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Avoid

- Materialism
- Forget special Events
- Gifts of Interest to Child

Gifts


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Learn the primary love language of your child. You give them heavy doses of that language.



Sprinkle in the other four so your child learns how to receive love and give love in all 5 languages.

Region 7 Education Service Center Gary Chapman



- Observe how your child expresses their appreciation to you.
- Listen to requests.
- Listen to complaints.
- Look for clues by paying attention to details such as note writing or helping others.

Identifying Your Child's Love Language


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Primary and Secondary Languages
Least Valued Language



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