

LOVE/EMPATHY

Every emotion could use a little LOVE. Learning how to identify when someone feels love or how to give love, is essential in any relationship. We also need to know how to grow love within ourselves as well as in others.



How does your child like to be loved most?

With Words

Example: Telling your child you care about them.

With Actions

Example: Helping your child learn a new skill.

With Affection

Example: Giving your child a hug.

With Time

Example: Playing catch or Barbies with your child.

With Gifts

Example: Giving your child a toy or making something for them.

*Most children will say gifts first, look for the second way they like to be loved.

Have them write or draw ways you show them love and how they like to be loved.

Talk about how it feels to be loved and cared for and ways they can show love.

Try this:

Do you prefer a hug, a handshake, or a high five?

This is a great question to understand how comfortable your child is with different kinds of affection.

Did you grow a love spot today?

This helps you discover how they have been kind.

Did someone grow your love spot today?

This helps you discover if people were kind to them.