

SPEAKING IN THEIR LANGUAGES

Gary Chapman in his book describes five love languages - physical touch, acts of service, gifts, words of affirmation, and quality time. We all have a dominant love language. And we mostly express love to others based on our own love language rather than theirs. For example, if spending quality time together is your love language and words of affirmation maybe your child's love language, you may assume that spending time together will make your child feel loved. But your child complains that you don't love them. This happens when you are not speaking to them in their language.

Find out what is your love language and that of each of your children.

1. Physical touch - holding hands, hugs, cuddles, gentle touch on the arms or shoulders, stroking their hair, group hug. Some parents stop touching their children as they grow older. If your child's love language is physical touch, speak to them in their language.



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2. Acts of service - helping to do the dishes, putting the house in order, cooking a meal, checking on you when you're ill, offering to help you without you asking. When someone insists that actions speak louder than words, they are telling you that their love language is acts of service.

3. Words of affirmations - expressing love through words - spoken or written. Appreciation goes a long way if this is your child's love language. Praise, appreciate, say "I love you" often.

4. Gifts - Gifting is a symbol of love. It doesn't matter whether the gift is big or small, worth much, little or handmade as long as you surprise them with gifts.

5. Quality time - sitting, walking, exercising, playing, and doing things together. It involves giving them your undivided attention. The quantity of time is irrelevant as long as you give them your complete self in the little time that you spend together.

Speak to your loved ones in their language.

MAKE YOUR DAY JOYFUL.

