

The twelve lessons in this book were created to strengthen and deepen your relationship with your kids. These lessons give you workable strategies for applying the principles of *The 5 Love Languages® of Children*. They offer glimpses of your relationship's potential when you understand and speak your child's love language.

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# LOVE IS THE FOUNDATION

# 1

**INSTRUCTIONS:** Complete this first lesson after reading chapter 1 (“Love Is the Foundation,” pp. 15–27) of *The 5 Love Languages of Children*.



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**Primary love language:** the love language that most profoundly impacts a person and causes him or her to feel loved.

**Love tank:** the emotional reservoir inside everyone that is filled when people speak to us in our primary love language.

**Unconditional love:** a full love that accepts children for who they are, not for what they do.

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## OPENING QUESTIONS

1. What is the most extravagant expression of love you've ever given your child? Why did you choose that specific way of expressing love? Describe the effort, planning, or financial sacrifice that went into your expression of love.
2. How did your child receive your grand gesture of love? How did you react to your child's response? If you had it to do over again, what would you do differently to make the gesture more meaningful to your child?

# THINK ABOUT IT

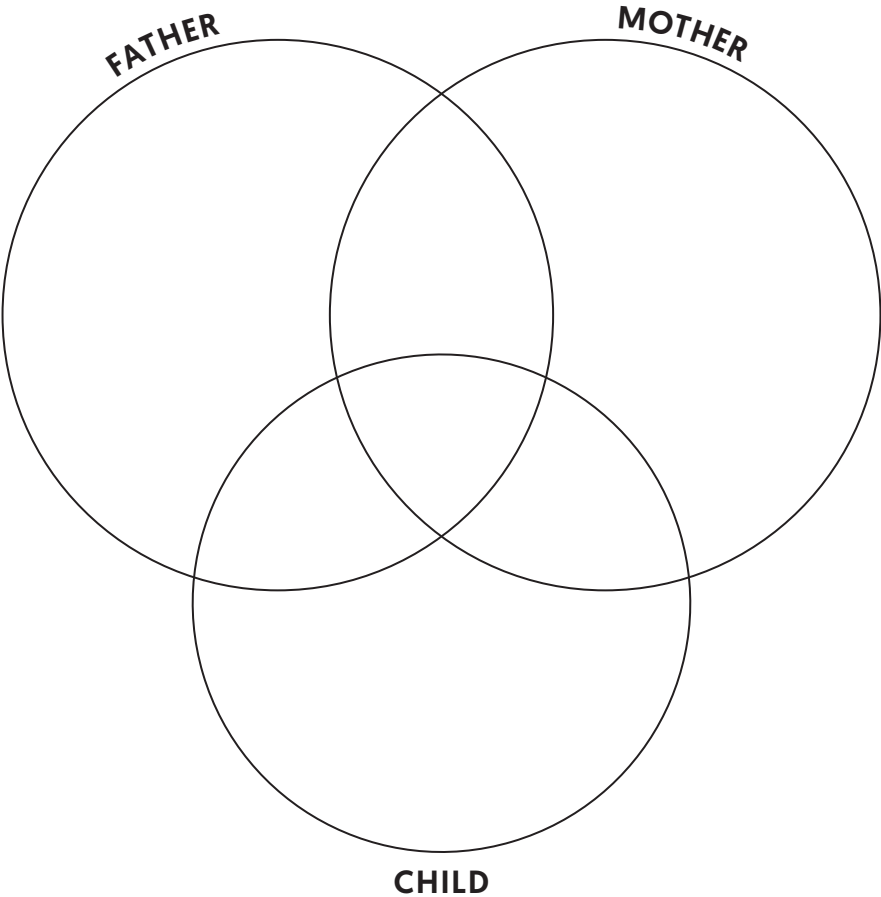
3. Dr. Chapman and Dr. Campbell begin the chapter with the story of Brad and Emily, who were alerted to their son's need for quality time by his teacher. What red flags have you seen in children—your own or others—that suggested their emotional love tanks weren't getting filled?
4. According to the authors, **“We need to fill our children's emotional tanks with unconditional love, because real love is always unconditional.”** What is the difference between conditional love and unconditional love? How does the story of Ana and Sophia emphasize the importance of unconditional love?
5. The authors point out that **“raising emotionally healthy children is an increasingly difficult task these days.”** What are some of the factors that make it difficult?
6. Some people fear that showing unconditional love leads to spoiling a child. According to the authors, why is that a misconception? Why do they believe **“no child can receive too much appropriate unconditional love”**?

7. As you move toward the goal of loving your child unconditionally, what realities concerning raising children do you need to keep in mind?
  
8. What are the two extremes of self-esteem in children? How does each extreme have the potential to damage your child’s development?
  
9. **“Because you want your children to grow into full maturity, you will want to show them love in all the languages and then teach them how to use these for themselves.”** What is the lifelong benefit of your child’s learning to use all five love languages?

# TAKE IT HOME

One way to begin to learn your child's primary love language is to find the common ground you, your spouse, and your child share. The interests, personality traits, and tendencies you have (or don't have) in common can reveal opportunities to show love to your child in meaningful ways (or reveal challenges you face in doing so).

Fill out the Venn diagram below to show your areas of overlap. If you have more than one child, use separate diagrams for each one.



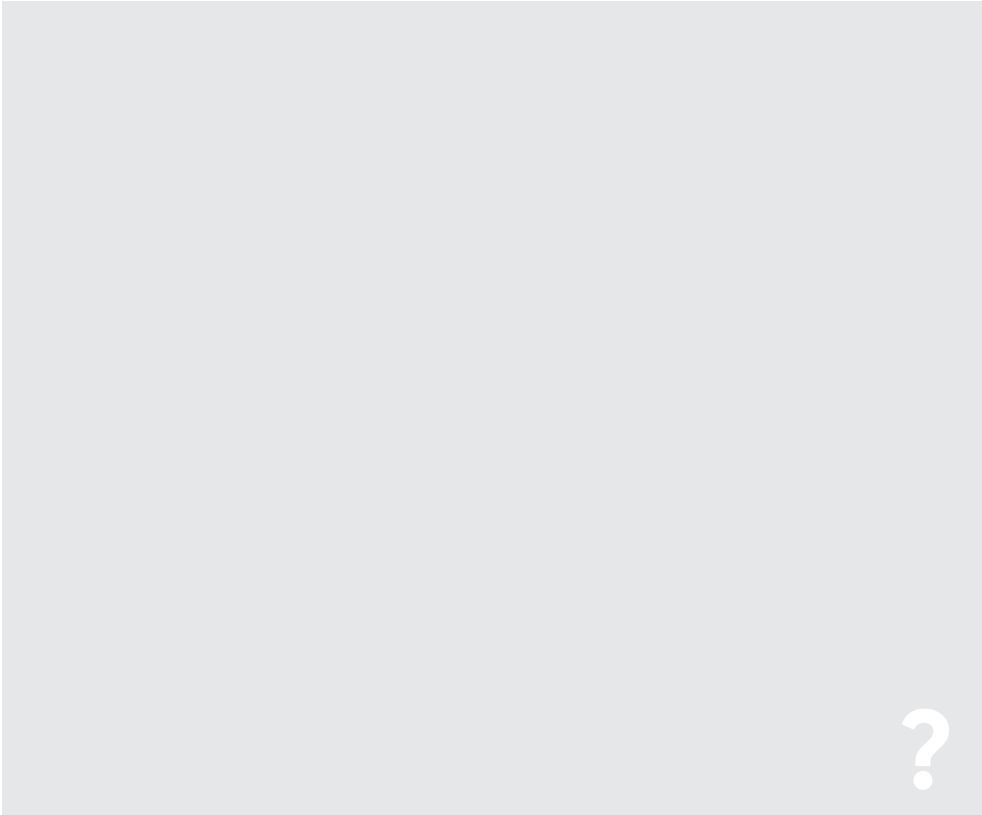
# HOW CAN I LOVE YOU? LET ME COUNT THE WAYS

List different ways you can show love to your child in each of the following categories. For example, for physical touch, your list might include everything from a bedtime cuddle to an elaborate high-five/handshake routine. For words of affirmation, you might put down recounting the highlights of your child's performance after a sporting event, or a nighttime ritual of sharing one thing your child did that made you proud that day. For quality time, your list might mention making pancakes together on Saturday mornings or flying kites together at the park. For gifts, you could include anything from an addition to one of your child's collections to a puppy. For acts of service, it might be building a blanket fort or fixing a flat tire on a bike.

<b>PHYSICAL TOUCH</b>	<b>WORDS OF AFFIRMATION</b>
<b>QUALITY TIME</b>	<b>GIFTS</b>
<b>ACTS OF SERVICE</b>	

# LOVE CHALLENGE

Have you shown your child conditional love, perhaps without even realizing that you were doing it? Have you, through your words or attitude, given your child the impression that he or she must earn your love? If so, what can you do this week to make things right? How can you make your child feel unconditionally loved?







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