

THE *5 love*  
LANGUAGES<sup>®</sup>  
OF CHILDREN

***You've read the book—now go deeper!***

This interactive guide includes study questions and exercises for you, for your spouse, and for group discussion. Learn to speak each of the five love languages with your children so you can better fill their love tanks.

For more information or to discover your love language, visit [www.5LoveLanguages.com](http://www.5LoveLanguages.com).



# Physical Touch

(LOVE LANGUAGE #1)

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- 1. Were your parents physically affectionate, or not so much? What effect does this have on you today?
  
- 2. Based on what you've learned in this chapter, do you provide enough touch to your children in appropriate circumstances? Why or why not? How could you improve?
  
- 3. Where are the boundaries where physical touch might be harmful or excessive for each child?
  
- 4. Discuss ways to get involved in "low-key," age-appropriate forms of physical touch, in addition to the normal hugs and kisses your children need. Identify opportunities to put these other forms of touching into practice.
  
- 5. Over the next week increase your physical touch with your children, but make it age-appropriate as well as what fits each child's unique personality. Determine the effects of this and their response.

**FOR GROUP DISCUSSION:** How can you tell if one of your kids has physical touch as their love language? How do you respond, especially if it isn't your primary language? Invite group members to share their own childhood experiences with regard to physical touch, positive or negative. What can you learn from these experiences?



# *Quality Time*

## (LOVE LANGUAGE #3)

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1. How much quality time—that is, time spent with your child beyond meeting their essential needs—have you given each of your children during the past week? What kind of quality time does each of your children desire? Ask each of them what they enjoy most with you and why it is meaningful.

2. The “tyranny of the urgent” is a serious problem in our (and sometimes our kids’) schedules. Look back over the past month. What got in the way of spending quality time with your children?

3. How might you take daily or weekly chores or responsibilities on the part of your child and turn them into shared learning experiences? How could you make the most of “car time” or bedtime?

**FOR GROUP DISCUSSION:** Much of our best parenting takes place in quality-time encounters with our kids. Share some special memories of intimacy, learning, and sheer enjoyment from these times. Also, invite the group to tell stories of special times spent with their own parents.





# *How to Discover Your Child's Primary Love Language*

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1. Think of three significant times in the recent past when your child or children expressed love to you. Which love languages are represented?

2. Our children ask for many things from us. Review the five love languages first and try to list as many requests as possible by specific love language category. Where do their requests tend to cluster?

3. Look at the pattern of complaints or expressions of unhappiness in the circumstances of each child's life. What do they reveal is most lacking? What does the child most crave? How can you more effectively “fill the tank” in the most crucial areas?

**FOR GROUP DISCUSSION:** Have you figured out your child's primary love language? What made you decide on that one? If you have older kids or teens, do they know your love language? Also, have the group discuss one another's primary love languages.











