



Mother Nature Academy, LLC

The Five Love Languages of Children

By Dr. Gary Chapman

1. Physical Touch. Hugs and kisses are the most common way of speaking this love language, but there are other ways, too. A dad tosses his year-old son in the air. He spins his seven-year-old daughter round and round, and she laughs wildly. A mom reads a story with her three-year-old on her lap.

2. Words of Affirmation. In communicating love, words are powerful. Words of affection and endearment, words of praise and encouragement, words that give positive guidance all say, "I care about you." Such words are like a gentle, warm rain falling on the soul; they nurture the child's inner sense of worth and security. Even though such words are quickly said, they are not soon forgotten. A child reaps the benefits of affirming words for a lifetime.

3. Quality Time. Quality time is focused attention. It means giving a child your undivided attention. Quality time is a parent's gift presence to a child. It conveys this message: "You are important. I like being with you." It makes the child feel that he is the most important person in the world to the parent. He feels truly loved because he has his parent all to himself. When you spend quality time with children, you need to go to their physical/emotional level of development. The most important factor in quality time is not the event itself but that you are doing something together, being together.

4. Gifts. The giving and receiving of gifts can be a powerful expression of love, at the time they are given and often extending into later years. The most meaningful gifts become symbols of love, and those that truly convey love are part of a love language.

5. Acts of Service. Some people speak acts of service as their primary love language. If service is your child's primary love language, your acts of service will communicate most deeply that you love Johnny or Julie. When that child asks you to fix a bicycle or mend a doll's dress, he or she does not merely want to get a task done; your child is crying for emotional love.

Chapman, G. D., & Campbell, R. (1997). *The five love languages of children*. Chicago: Moody Press.

I hope you all are having a wonderful winter break! Classes will resume on Monday, January 8th. Because January is typically the coldest month in this state, I would like to go over the procedures for snow days and indoor days.

Snow days:

If the Moore County schools are closed because of snow then we will also be closed. We will also be closed on delays. On these days we will text to inform you that we are closed.

Indoor days:

We will be indoors for part or all of the day if it is under 32 degrees, raining and cold, or if there is lightning. Pick up and drop off will be at the gate as always. If the weather has become too dangerous for the children to go outside, you will get a call telling you to park in front of the house so we can bring your child to you.

Dates to remember:

January 8th – Program resumes

January 15th - Closed for Martin Luther King Day



Baking cookies on a particularly cold day. Eating them was the best part!



Making a silly snowman while learning about counting.



Making winter patterns with paper cutouts and glue.



Sledding on frozen sand!



Learning about what salt does to ice.



Writing letters in "snow."