

CONNECTING WITH YOUR TEEN *through Love Languages*

Physical Touch

Behaviors: known as “the snuggler”, loves to touch and/or physical rough-housing, maybe unintentionally too rough with others.

Enjoys: sitting close, back scratches, massages, physical activity such as wrestling or racing, cuddling with blankets or tickling

Connection: ask your kid what type of touch they love most, come up with a secret handshake, make a ritual out of hair brushing or applying lotion, invite them to cuddle with you, tousle their hair or squeeze their shoulder when you walk by

Words of Affirmation

Behaviors: is fueled by praise, wants to show you the things he/she has done, loves to talk and tells you every detail of the day

Enjoys: talking, hearing you give specific detailed and relevant praise, learning things together, giving and receiving notes, journaling

Connection: use specific and genuine praise and show that you notice the details listen carefully when they talk, leave encouraging notes, praise them in front of others when they can hear you, take videos of them to share with friends and family

Quality Time

Behaviors: asks to tag along or stay up late with you, wants you to watch while he/she perform, likes you to sit with them while they play

Enjoys: undivided attention, being watched, special time, traditions, special winks, rituals or places to talk that are unique to them

Connection: have a staring contest, cook together, go on a “walk and talk”, play a favorite game, do a puzzle together, involve them in your every day tasks, give a gift of experience, make space for special time in your regular routine

Gifts

Behaviors: loves presents and surprises, has a lot of “special” things, older kids may be particular about brands or certain flavors or smells

Enjoys: birthday presents, surprise gifts, earning a prize, having a favorite meal made for them, collecting things, surprising others

Connection: find special treasures together in nature, remember their favorite things, buy their favorite snacks in your normal grocery run, download a song you know they love, invite them to help you surprise someone else

Acts of Service

Behaviors: loves having your help, surprises you by doing small household tasks for you, loves being given responsibility

Enjoys: knowing that you’re available to help when they need it; being thought of as a contributor; having special and unique skills

Connection: support them in their generous thoughts, clean up their room while they’re gone, help them with school work or practicing a new skill; when they make mistakes like forgetting lunch, tell them you are happy; help rather than complain