



The Five Love Languages for Kids with Special Needs and Disabilities

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3 Things to Know

- ❖ Everyone has a primary love language, and many people have a secondary one
- ❖ We feel most loved when others use our love language
- ❖ To make others feel loved, we have to know their language and learn to use it

What are the 5 love languages?

- ❖ Words of Affirmation
- ❖ Quality Time
- ❖ Receiving Gifts
- ❖ Acts of Service
- ❖ Physical Touch

Words of Affirmation

- ❖ Unsolicited compliments, whether verbal or written, or words of appreciation.
- ❖ Dialects include words of encouragement, humble words, and words of kindness.
- ❖ A “Words of Affirmation person” can be emotionally devastated by insults and harsh words.



Quality Time

- ❖ Giving someone your full, undivided attention.
- ❖ Dialects are quality conversation and quality activities.
- ❖ A “Quality Time person” can be hurt by halfhearted or distracted listening, or by repeatedly postponing promised time together.



Receiving Gifts

- ❖ Any purchased, handmade, or found tangible gift to let someone know you care.
- ❖ The thoughtfulness and effort behind a gift sends the “I love you” message. The gift time is precious to some people especially in times of crisis or celebration.
- ❖ A “Gifts person” can be hurt by a forgotten anniversary or birthday, or feel empty in a relationship void of tangible tokens of love.



Acts of Service

- ❖ Doing helpful things for another person, such as setting the table, walking the dog, washing dishes, vacuuming, or grocery shopping.
- ❖ The idea is to do the things that are most meaningful and helpful to the other person.
- ❖ An “Acts of Service person” can be hurt by laziness, someone leaving a mess for them to clean up, or forgotten promises to help.



Physical Touch

- ❖ Deliberate touch requiring your full attention to deliver, such as a back rub, a foot massage, a hug, a “high five,” or a kiss.
- ❖ Incidental touch such as sitting close to a person on the sofa or touching their shoulder as you walk by.
- ❖ For a “Physical Touch person,” a slap or any kind of abuse or neglect can cause extreme emotional pain.



How to Determine Love Languages

- ❖ Adults and teens can take quiz in a love languages book or at 5lovelanguages.com
- ❖ Use the Love Language Mystery Game with children ages 9–12
- ❖ Ask questions of children ages 5–8
- ❖ Use all 5 languages with children from 0–4
- ❖ Consider developmental level over chronological age to determine someone's love language

These 3 Questions Can Help

- ❖ What calms my child?
- ❖ What motivates my child?
- ❖ Where does my child choose to spend time?



7 Threats Common to Caregiving Couples

- ❖ Time constraints
- ❖ Financial strains
- ❖ Guilt and grief
- ❖ Isolation
- ❖ Geographic separation
- ❖ Worry about the future
- ❖ Lack of external support

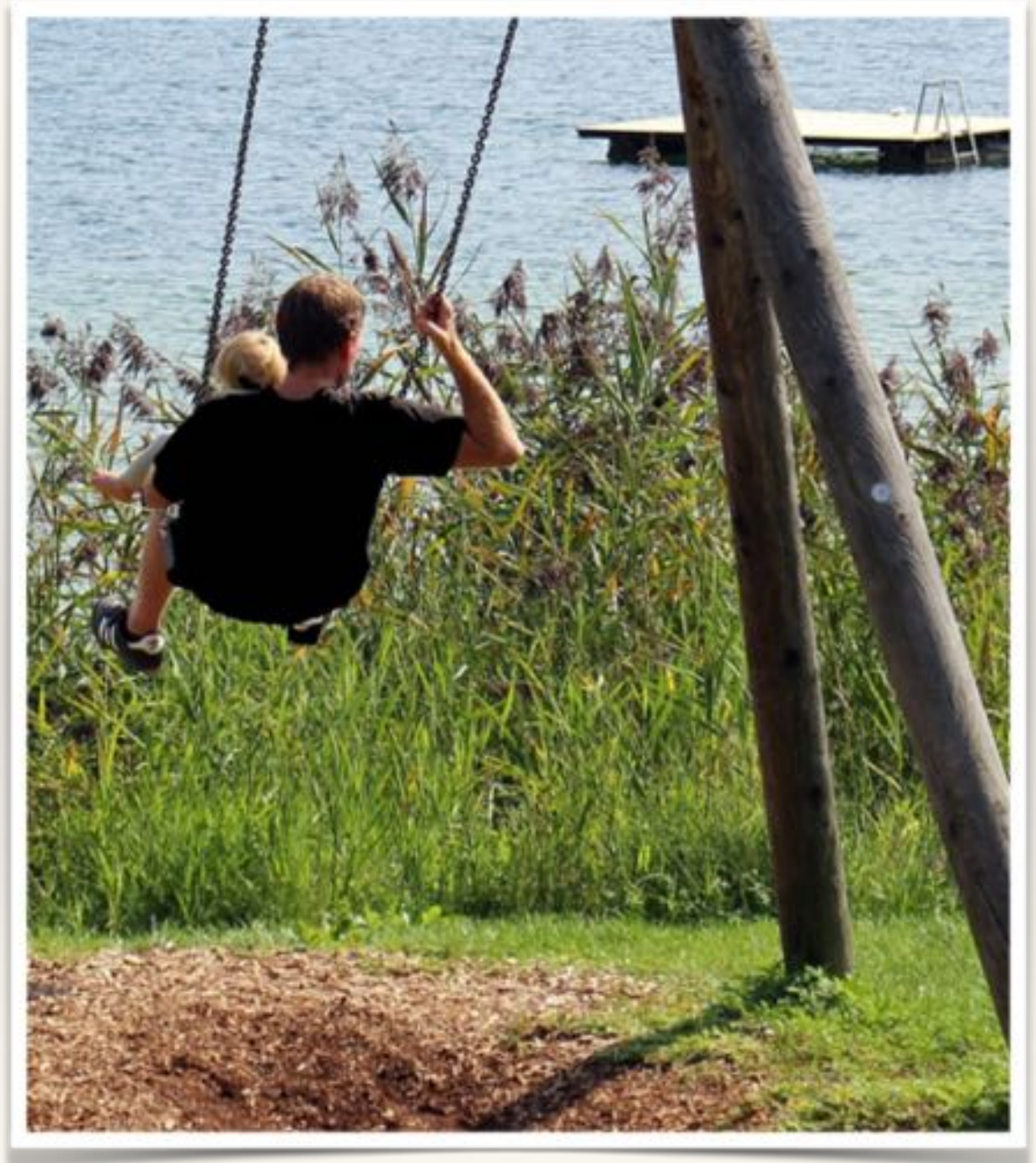
How to Speak Love to Your Spouse

- ❖ **Words of Affirmation:** offer genuine praise for ordinary tasks, send affirming texts, write and mail an old-fashioned letter
- ❖ **Quality Time:** talk in the car instead of listening to the radio, schedule coffee date on the deck or in front of the fireplace, play a board game

- ❖ **Gifts:** bring a favorite snack from grocery store, serve favorite dessert on nice dishes, buy small items and cards at dollar store
- ❖ **Acts of Service:** Check and maintain medical equipment, gas up the car, watch kids on Saturday morning so spouse can sleep in
- ❖ **Physical Touch:** Hug / kiss when spouse leaves for work and returns home, brush hands while sharing popcorn, hold hands when you pray together

Using Love Languages with Kids Who Have Special Needs

- ❖ Keep your child's developmental age in mind
- ❖ Make necessary accommodations when using your child's love language



- ❖ Words of Affirmation: express empathy in words, make praise specific, positive nicknames, write praise on a “Victory Wall”
- ❖ Quality Time: game night once a week, chase Pokeman together, walk the dog together and talk, go to sensory-friendly events together
- ❖ Acts of Service: make the bed when it’s really tangled, create visual schedules for daily tasks, organize toys so child can find them

- ❖ Gifts: go out for a treat after appointments, gather wrapping paper and gift bags that match child's interests, color a picture for your child
- ❖ Physical Touch: tuck child in under a weighted blanket, purchase touch-oriented gifts like fidget and chew toys, put hands on child's shoulders to help him focus and make eye contact

Remember the Sibbs

- ❖ Be intentional about using the love languages with typical siblings
- ❖ Encourage the use of love languages between siblings
- ❖ Create unique family traditions

Communicating with Professionals

- ❖ Frame love language vocabulary in professional jargon
- ❖ Include love languages in a fact sheet about your child
- ❖ Incorporate love languages into IEPs and 504 plans



