Languages of Love: Telling

There are many customized ways to love. There is showing. There is hugging. And there is telling. Every person prefers a little different combination of messages of love.

For people who like to be told love, hearing certain words regularly is very important. It is not enough that you cook for them, work for them, or hug them. They want to hear the words. There are many words for telling love.

'I love you!'
'You crack me up.'
'You make me laugh.'
'I love being with you!'
'My life is better because you are in it.'
'Thank you for being my child.'
'You make my life richer by being in it.'

For some people, being told they are loved is uncomfortable. They don’t know what to say or how to react. They may still want to be told - but perhaps in a different way.

Telling can be done in many ways. Some children just want to hear you express your love in words. Some may prefer a note. Some may love surprise notes in their lunch box or book bag. Some may like an occasional wrapped surprise. Once in a while you might surprise them with a special sign in their bedroom. Especially as they get older, some children may prefer a letter in which you tell about good times and cherished memories you have shared. You may tell them what you remember about her birth or his childhood. You may tell about your pride and joy as she grew.

Build special traditions. You can make up a pet name for the child ‘My little lunch-box of happiness.’ (Make sure the child enjoys the name!) You can use endearments: ‘Honey,’ ‘Sweetie,’ ‘Dear.’ (But don’t use them at a time that will embarrass them in front of their friends.) Celebrate something that you share in common - a favorite food, color, or cloud formation.

In a world where people are busy, children often get the feeling that they just get in the way or nobody cares about them. They want to know that they are important to you. Tell them.
Applications.

Think of each of your children individually.

What are some ways that the child likes to be told of your love?

Try experimenting with notes. You can have fun with the notes by using stickers or drawing pictures or . . . .

Can you sometimes tell that your child is standing around looking hungry to be noticed and involved? Invite them to join you in an activity.

Invite your child to tell you about his or her day in a different way. “Tell me about feelings you had today. Did you feel happy or sad or angry?”

Children like to get mail. You might occasionally send a post card or note or greeting card to a child - even if you are not going to be away.

Help your child set up a correspondence with a relative who loves them. He or she may write to a grandparent or aunt and get loving mail in return.

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