

5 love languages

It's important to recognize these love languages and be intent on communicating our love to our grandkids in lots of different ways.

01 *Physical Touch*

Ideas that express physical touch: Pat on the back, high five, secret handshake, songs/games that require clapping hands together, special blankets for them to use when visiting, gifts like soft pillows or sweaters



02 *Words Of Affirmation*

Fun ways to share words of affirmation: send notes for your grown kids to place in your grandkids lunch box, affirm their grown up hopes with what you see in them, hang artwork in a prominent location (and tell them!), write a message of encouragement in sidewalk chalk in front of their house (ask first!)

03 *Quality Time*

ideas to help you use this love language through the years: turn off your phone/other electronics while you are in conversation with them, phrase questions in a way that don't have a yes or no answer, schedule time with them in person or virtually



04 *Gifts*

Tips for gift giving: Have a few small items in your purse or bag that you can give as a treat, prepare a favorite meal, mail a small package for your grandchild from wherever you're at, have a treasure hunt to find a gift, write some clues and send them ahead of time to build anticipation, use creative wrapping

05 *Acts of Service*

Ideas for acts of service: set up toys while grandkids nap or when you are preparing for their visit, if they aren't feeling well offer to read stories - in person or virtually, help them fix something that is broken, find a service project you can do together

