

Cheering On Our Children: Simple Ways to Show Love

The 5 Love Languages are a great tool for us to express our love to our children.
Here are some simple ideas to connect with them.

Acts of Service

Shower our children with love and care through various actions.

- Complete daily tasks together like packing for school.
- Create a [sleep-friendly environment](#) for our children to [sleep well](#) (approx. 8-10 hours a night).
- Send them off to school.
- Cook/buy their favourite meal or snack.



Gifts

Gift our children something meaningful. It's the thought that counts!

- Create a handmade card for them.
- Give them something special from your childhood.
- Surprise them with a healthy snack or inexpensive gift.



Quality Time

Spend time with our children doing simple activities together.

- Share about your days together before bedtime or at mealtimes.
- Recharge as a family. Check out [NEAR by NParks](#), [Movies by the Beach](#) or [Outdoor Family Yoga](#).
- Put our screens away and give them our undivided attention.



Physical Touch

Reassure and encourage our children through little ways of affection.

- Call for a 'group hug' or 'group photo' at your next family gathering.
- Give them a high-five, a hug, or a pat on the back to affirm them.
- Make up a special handshake with them.



Words of Affirmation

Affirm our children with positive and loving guidance.

- Praise our children's efforts.
"You've practised hard for _____. I'm so proud of you!"
- Check in with our children by asking,
"What made you smile today?" or "What is one cool thing you did today?"
- Leave them encouraging notes at home or put them in their bag.
- Teach them self-motivating words they can repeat to themselves.
"I'm going to have a good day!" or "I can do it!"





Do you know what is your child's preferred love language?
Make your own observations and have a conversation with them on it too!
You can even let them know what is your love language.

As we journey with our children into Term 4,

- Maintain a [growth mindset](#).
- Keep exploring our children's strengths and interests.
- Give our children [SPACE](#) (Support, Problem Solve, Affirm, Cheer, Empower).
- Assure them that [it is okay](#) to feel overwhelmed at times and if they do, encourage them to speak to you or someone about it.



Let's start by seeing things through our children's lens 

When I get frustrated or overly worried with my child,
I've learnt to ask myself, "If I were at this age, what
would I need most from my parents now?"

It helps to feel and see things from their view;
I can then get back into how a bigger, wiser, and kind parent
would behave to support our child. It's practical - saves us
energy and crankiness, and our relationship wins.



Dr. Lin Hong-Hui,
Clinical Psychologist,
Mother of 2

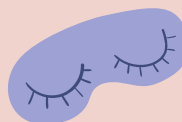
Don't forget to show some love to yourself as well,
you deserve REST too.



Recharge on
the daily



Enjoy time
with friends



Get adequate
Sleep



Take our time and
do what works for us



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