

If your child's love language is physical touch...

Here are a few more ideas especially for parents. Pick and choose among them to try something new you think your child will appreciate.

- When you greet or say good-bye to your child, gather them into your arms and hold them. Kneel down for small children.
- Let your child hold or cuddle a soft item, such as a blanket to soothe them.
- If your child is under stress, gently stroke their head to relax them.
- Ask often if your child would like to be held or cuddled.
- Hug and kiss your child every day when they leave and return from school, as well as when you tuck them in at night for younger children.
- Stroke your child's hair or rub their back when they tell you about a difficult day or are upset.
- Shortly after disciplining your child, take a moment to give them a hug to show them the discipline was based on the consequences of their wrongful choices but that you still love and cherish them as your child.
- Snuggle closely together on the couch when watching television together.
- Give each other a high-five or similar congratulations whenever you catch your child doing something positive.
- Purchase a gift for your child that is touch-oriented, such as a soft pillow, blanket, or sweater.
- Have "tickle fights" with your children, being careful not to allow it to become a stressful activity for your child.
- Play games or sports together that require physical touch. This will allow both shared time together and touch that is meaningful without appearing forced.
- With younger children, read stories together with your child on your lap.

- Sing action songs together with your children that require touching and action, such as clapping hands, spinning, or jumping. Many of today's children's videos make this even easier.
- When your child is sick or gets hurt, spend extra time holding them and providing comfort.
- Occasionally yell out a "group hug" for your entire family, regardless of how small or large the family size. To add more humor, include family pets such as the dog or cat.
- Give "kissies," even if your child thinks he or she is too old for it.
- Hold hands during family prayers.