

愛的5種語言

The Five Languages of Love



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肯定言語

Words of Affirmation



家長直接而具體地向孩子表達愛，包括對他們的讚賞及鼓勵，讓孩子感到被肯定及重視
Parents express their love to their children directly and specifically, including praise and encouragement, so that children feel affirmed and valued.

例子 Example

- 「很多謝你幫忙做家務」
- 「我愛你，我會一直陪伴及支持你」
- 「有時我會生氣，這是因為我很愛你。」
- "Thank you very much for helping with the housework."
- "I love you, and I will always be there to support you."
- "Sometimes I get angry, and it's because I love you."



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真心禮物 Gifts

家長可因應孩子的喜好，
及不同的節日，偶然送贈小禮物
(請按孩子的需要，並不是有求必應)；
有時孩子亦會將親手製作小手工或畫作送給家長，
家長要認真用心地感受孩子傳達的愛意。

Parents can occasionally give small gifts to their children based on their preferences and various holidays (considering the child's needs, not just to fulfill every request).

Sometimes, children will also give handmade crafts or drawings to their parents, and parents should sincerely appreciate the love that children are expressing.



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精心時刻 Quality time



與孩子一起時全心全意陪伴孩子，把專注力放在孩子身上（避免看手機）；優質的親子時間有助促進彼此的關係，讓孩子感受到家長的愛

When spending time with children, parents should be fully present and focus their attention on them (avoiding looking at their phones). Quality parent-child time helps strengthen their relationship and allows children to feel the love from their parents

例子 Example

- 做孩子感興趣的事，例如做手工、看故事書等；
- 每天盡量抽時間與孩子對話，了解他們的日常生活，同時亦可以表達及分享自己的想法、感受及經驗。
- Engage in activities that interest the child, such as doing crafts or reading storybooks.
- Try to set aside time each day to talk with the child, understand their daily lives, and also express and share your own thoughts, feelings, and experiences.



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身體接觸 Physical Touch

身體接觸能夠讓人最簡單和直接地表達及接收彼此之間的關懷及愛。家長在孩子同意時，透過不同的身體接觸，例如：擁抱、牽手、搭膊頭、親吻等，讓孩子直接地感受到自己是被愛的。

Physical contact is one of the simplest and most direct ways to express and receive care and love between individuals. When children agree, parents can use various forms of physical touch, such as hugs, holding hands, putting an arm around their shoulders, and kisses, to help children directly feel that they are loved.



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服務行動 Act of Service

透過真心的服務及行動向對方表達愛；
家長可以特意煮一餐孩子喜歡的餸菜，或在添置新
衣裳時，會特選孩子喜愛的卡通人物圖案等；
可以配合「肯定言語」，讓孩子明白這些舉動是來
自家長的愛意。

同樣地教導孩子以行動表示，例如為家長按摩，
幫忙做家務等表達對父母的愛。

Express love through heartfelt service and actions.
Parents can intentionally cook a meal with the child's
favorite dishes or choose clothing featuring the child's
favorite cartoon characters. These actions can be
paired with affirming words to help the child
understand that these gestures come from their
parents' love. Similarly, teach children to express
their love through actions, such as
giving massages to
parents or helping with
household chores

