




Webinar Series:

Staying Strong & Positive
for Ourselves & Our Children

www.BeStrongFamilies.org

A black and white photograph of a woman and a young girl smiling and kissing each other on the cheek. The woman is on the left, and the girl is on the right. They are both looking towards each other with joyful expressions.

Children's Challenging Behavior & the 5 Love Languages

Co-Hosts: Katthe Wolf & Alexandra James



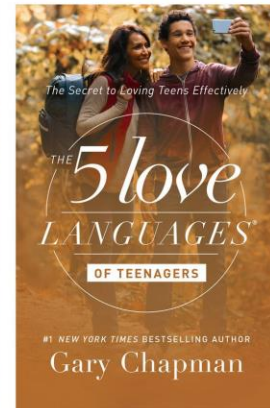
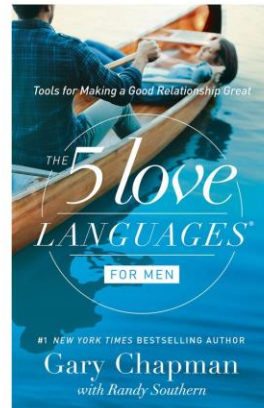
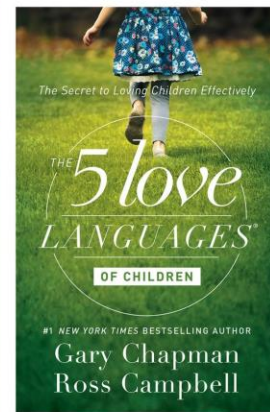
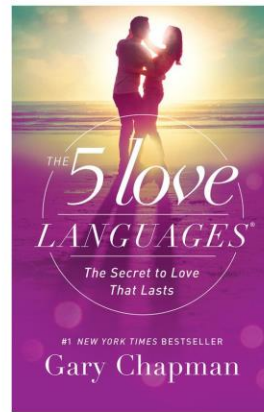
Ways to Engage

- If you aren't talking please put your phone on mute.
- When you're ready to comment, please raise your hand and we'll enable your speaking and you can unmute yourself to speak.
- Please be patient with us. We'll get to as many people as we can.
- Feel free to type your comments in the group Chat and make sure it's going to "All panelists and attendees".

Agreements

- ❖ Speak From Your Own Experience (Use I statements)
- ❖ Golden Rule: Treat other people the way you want to be treated
- ❖ Full Presence: Please no multi-tasking

The 5 Love Languages™



What is your love language? How does the whole idea of love languages resonate with you?



Love Languages For Kids

WORDS OF AFFIRMATION

- * Tell them you love them daily
- * Tell them how proud you are of them regularly
- * Find reasons to congratulate and encourage them
- * Try to avoid harmful words and tones in your voice as those will only hurt their hearts to the soul.

TOUCH

- * Hug them daily
- * Hold their hand while walking through the store
- * Snuggle up to read together
- * Show them that you also enjoy cuddle time (no matter what their age)

QUALITY TIME

- * Spend quality time together
- * Going on walks
- * Reading to each other
- * Toss a ball around
- * Bike riding
- * Cooking together
- * Play a Game
- * Watch a show/movie

GIFTS

- * Small simple gifts
- * Surprise gifts/parties
- * Give rewards for behavior
- * Treasure hunts
- * Leave notes with a little trinket in their room
- * Extra candy in their lunch
- * New piece of clothing for a special occasion

SERVICE

- * Clean their room
- * Help with homework
- * Teaching them something new
- * Volunteer together

How do your children's love languages relate to yours? Same? Different? What does that mean for your relationship?

HOW TO DISCIPLINE using the LOVE LANGUAGES



Parenting with the 5 Love Languages

How do you think the 5 love languages can inform or change your parenting?

What do you think about the connection between children's challenging behavior and the 5 love languages?



Upcoming English Webinars

Daily at 12:00pm CDT



Monday, November 2, 2020, at 12:00pm CDT

NAMI: In Our Own Voice

with Christina Alcanter

Tuesday, November 3, 2020 at 12:00pm CDT

Fathers Matter: Intentionally Including Fathers in Family Support Programming

with Rafel Henry

Wednesday, November 4, 2020 at 12:00pm CDT

Fun Ways to Get Families Involved in Fitness at Home

with Tunga Otis

Thursday, November 5, 2020 at 12:00pm CDT

Understanding and Supporting Multiple Intelligences while Remote Learning

with Samantha Peterson

Friday, November 6, 2020 at 12:00pm CDT

Inspiration Friday: When You're Tired of Talking About it or There's Nothing to Say

with Katthe Wolf and Alexandra James



#Amplify

This week, share on social media about parenting with the love languages!

Use hashtags #AMPLify_____ and tag @BeStrongFamilies

Email us: COVID-19@bestrongfamilies.net

#Amplify COMMUNITY

#Amplify LOVE

#Amplify JUSTICE



Thank you



If you or your colleagues would like to host a webinar with us, contact us at:
katthe@bestrongfamilies.net