

Using choices to discover preferred love languages with preschool aged children

(Inspired by Chapman & Campbell, 2012)

- Would you rather I give you a high five (Physical touch) or I tell mummy you helped me today (Words of affirmation)?
- I have a few minutes spare, shall I fix that broken toy that you asked for (Acts of service) or make you a special card (Words of affirmation)?
- Shall I go and find you flower from outside (Gifts) or shall we play outside together (Quality time)?
- As a thank you for tidying up, would you like this feather I have found (Gifts) or shall I write you a thank you note (Words of affirmation)?
- Shall I sit next to you at the table (Quality time) or shall I make you your favourite meal (Acts of service)?
- Shall we have a tickling fight (Physical Touch) or shall we play this game together (Quality time)?
- Would you like to sit on my lap (Physical touch) or would you prefer me to find you a special sticker to take home (Gifts)?
- Shall I put your picture on the wall with a note saying how fantastic it is (Words of Affirmation) or shall we make another picture together (Quality time)?
- Shall I find you a superhero toy (Gifts) or shall I create a superhero den (Acts of service)?
- Would you like me to help you put your shoes on (Acts of service) or do you want to sit on my lap whilst you put your own shoes on (Physical Touch)?

Try to find out these answers in context, rather than asking a series of questions as this will make it meaningful to the children. Of course, with lots of these choices, as you are trying to ascertain what the child thinks, use your knowledge of the child and their interests to tailor the questions/choices to each child. Once you have worked this out, there is nothing to stop you doing both choices anyway!