

# The 5 Love Languages of Children

by Gary Chapman, Ross Campbell

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A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

<sup>01</sup> **Run a seven-day clue audit**

For one week, write down what your child requests, complains about, treasures, and thanks you for. Look for the receiving channel behind the behavior.

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<sup>02</sup> **Fill the tank before correction**

Before a predictable hard moment, offer one clear love-language signal: exact praise, ten minutes of attention, useful help, a remembered token, or consent-based closeness.

MON TUE WED THU FRI SAT SUN

<sup>03</sup> **Build a transition ritual**

Choose one daily transition, like morning, pickup, homework, dinner, or bedtime, and attach a small repeatable signal your child can count on.

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<sup>04</sup> **Translate repair into their language**

After a rupture, apologize in words and then repair through the channel your child receives best, not only the one easiest for you to give.

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<sup>05</sup> **Update the language for age**

Ask how your child wants love to show up now. Preserve dignity by offering choices, especially around touch, public praise, and one-on-one time.