



with Care for the Family

Discussion Questions

Episode 6: Love because

1. How do you, as a parent, naturally demonstrate love to your family?
2. Becky talked about Dr Gary Chapman's, *The Five Love Languages*, which offers a variety of ways we can give and receive love. Out of these five love languages: quality time, acts of service, words of affirmation, physical touch and gifts, which ones are present in your family?
3. The presenters talked about love being a choice, which isn't always easy when family life is full and our children are being challenging. When can you find it harder to demonstrate love to your family?
4. Emma explained that our children know they are loved by our attention (time), affections (demonstration) and acknowledgment (them knowing that they are seen and heard). Which of these do you find easier, or harder to express?
5. It's easy for us to think about the ways we can improve our parenting, whilst forgetting all the ways we get it right! Share one or two examples where you've used a top tip or got creative with an activity that has worked really well for you as a family.
6. Becky shared how valuable it is to continue to verbalise how much you love your children, especially when you need to discipline them. What could this look like in your family?
7. Taya's parents found ways to help her to feel loved, even when their living arrangements changed after parental separation. What can we learn from them about the value of placing strong foundations of love in those early years, alongside being flexible when life situations change?
8. What are some of your key takeaways from this session?



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