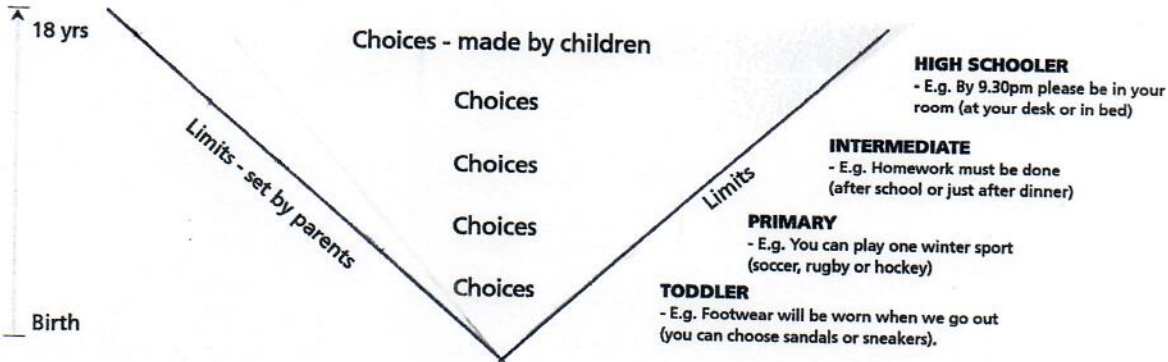


Extra notes

V of Love

Rimm's analysis is called the V of Love. The sides of the V represent firm limits within which the child may make decisions and live with the consequences.



As children grow and start to strive for independence, we have to make daily compromises between our children's safety and their search for independence. The more scope we give our children for independent action, the more cooperative they are likely to be. They like to feel what they are doing is their own idea.

For various reasons, many modern parents invert the V, treating their children like miniature adults right from the start, with all the privileges of adulthood. These children soon become tyrants. Their parents don't control them - they control their parents, holding them hostage with temper tantrums and pouts. Sadly, many children begin life with too much power, eventually leading to unhappy lives as they grow older. Misbehaviour forces parents to clamp down on them, resulting in anger and rebellion as rights and privileges they formerly had are withdrawn.

Age-appropriate decisions

Each year, give your child certain privileges and responsibilities. For example, "When you are three, you can...", "In our house, when you are four, you're allowed to..."

Psychologist Sylvia B. Rimm Ph.D. says, "People of all ages compare the amount of control they have in a relationship only to the amount of control they used to have, not to the amount they feel they should have. When more control is allotted with time, people are satisfied. When control is cut back, people become angry. Thus, children who grow up with parents who hand over control to the child in increasing amounts are usually satisfied with the level of control. It is always more than it used to be."

From *How to Parent So Children Will Learn* by Sylvia B. Rimm

Love languages

Pio Terei - Introduction

John Cowan - Love languages

I'd like to give you some tips for your relationships. It will be valuable for all your relationships but it will be especially useful for your young children at home and it's called the five love languages. Now, we each have a way that we like to have love shown to us and it is usually the way that we are especially good at showing love to other people. Just as an example, I'd like to tell you about my family. There are five of us and we each have a different love language.

Now my wife, Naomi, she's lovely. If I bring her home a box of chocolates or a bunch of flowers, it's never a wrong thing to do. She will always appreciate it. But if I want her to purr, if I really want to push her buttons, I'll tell her what a wonderful wife she is and how special she is to me and what a wonderful job she is doing as a Mum and she just melts because her love language is **words of encouragement**. To her, the words in the card are far more important than the present the card is attached to. Not only is it the way that she likes to have love shown to her, it's also the way she prefers to show love to other people. She is very verbally affirming. She praises me up. She praises the kids up because that is her love language.

Now my oldest boy, Bernie, he's quite different, he's a great kid but he used to cheese me off when I'd get back from a trip away. The first thing he'd say when I'd come through the door was, "What did you bring me?" You selfish brat! Is that all you love me for? My money and my gifts and things? But no, he's not selfish at all. It's just that his love language is **gift-giving**. He's not selfish in the slightest. In fact, he's incredibly generous. He'll sometimes spend all his pocket money buying gifts and presents for his family and friends. And even when he was a little fella and he was downtown with his little brother and sister and had a few coins in his pocket, he'd put them in the ride-on horse for them to have a ride on. It's the way he shows his love and friendship - in token form. When he's with his mates, they are always swapping their CDs and sports gear and toys. They give their love in token form because their love language is gift-giving. So when I got back from a trip, I'd always make sure I brought him something. It didn't have to be much. But unfortunately he's older now and he realises his old man's a bit cheap.

Now my love language is **acts of service**. I just love getting breakfast in bed. Well, I got it once and I really liked it. No, I potter around the house with my toolbox pretending to fix things. That's the way I show love to my family, and I think for a lot of guys, that's their love language. Why are we out in the garden? Why are we fixing things? Because we're showing love to our family by serving them. I'm sure it's one that's misunderstood though, by a lot of women. Why is he out there in the garage? Doesn't he love me anymore? No, of course he loves you! That's why he's out there fixing the lawn mower - so that you can then show your love for him by doing the lawns for him! See how this acts of service thing works?

A working knowledge of the five love languages can enhance all your relationships.

Now my little girl, her love language has always been **quality time and attention**, and that's the fourth love language. She just loves it when she's got an audience to perform to or when people are giving her all their attention. When she was young, she'd play the piano for you, she'd give a little dance for you and she still loves having just one-on-one time with someone. I took her away for a holiday, just the two of us for five days last year and it was fantastic. Now with all our kids, we started having Mum-dates and Dad-dates when they were really young, and we've been doing this for years and our kids really love that one-on-one time, just going out for a little while. When they were little, it was to the playground or sliding down a hill or walking on a beach. All our kids just love that one-on-one time but Susannah, she especially loved Mum-dates and Dad-dates because then she could talk. She had an adult all to herself and she could talk, talk, talk, talk, talk, talk - she just loves it because her love language is quality time and attention.

My youngest boy, Guy, his love language is **physical closeness and touch**. He just loves piggybacks and play fights and tickling games and he used to love great big hugs and cuddles but I think half the time it was just so he could wipe his snotty nose on my shirt. He's a teenager now but he still enjoys wrestling and fighting and it's a bit scary.

So there are the five love languages - words, gifts, acts of service, quality time, physical closeness and touch. Your kids may not have settled into one specific love language yet but we will have. We tend to major in showing our love in just one particular love language zone and so can I urge you to consciously show love in all the five love languages? As I said previously, a working knowledge of the five love languages can enhance all your relationships, so practise them on your under-fives and make sure they get a varied diet of each of the five languages.

Pio Terei - Summary

See activity and extra notes on pages 126-129