

Proof of Love "Quiz" and Activities to Improve Sibling Relationships

Kids tend to show us love the way they want to receive love from us.



Do they?

Need to sit right next to you or in your lap? Want to hold your hand or touch you often? Hug you a lot? Want you to cuddle them?



Physical Touch

Lay next to them or on them. Touch them often, hold their hand. Invite them to sit on your lap or sit near you. Initiate long hugs and massages more often.

Give compliments often? "Cheerlead" for others often? Give words of encouragement to others, like "good job?" Always have kind things to say to you?



Words of Affirmation

Give them meaningful compliments on things that are important to them. "You worked hard on that." "I love all the colors you chose." "You are a kind kid and I'm proud of you."

Ask you to play with them? Want to be with you even when you're doing something they're not interested in? Ask to go places with you even if it's errands?



Quality Time

Say "yes" to play with them and do things with them they enjoy more often. Intentionally take them with you and call it a "date" to show them you want to be with them.

Ask how they can help? Do chores for other people (even if they don't want to do their chores)? Always first to offer to help someone? "Sneaks" to do something kind?



Acts of Service

Do their chores for them every once in a while as a surprise. Or do their chores with them so it's easier/faster. Do kind things for other people together.

Bring you little trinkets they find? Make you cards or drawings? Bring you things they know you want? Ask to take an extra item to give to siblings or friends?



Receiving Gifts

When you're out, get them a small trinket to let them you were thinking of them. Draw them a picture or write them a note. Have them help pick out gifts and wrap them for others.