



## The Five Love Languages of Parenting

Based on the work of Gary Chapman and Ross Campbell, this presentation explores the five love languages of children, parents and how they both give and receive love with those languages.

### Presentation Objectives

- Participants will discover the five language categories and how they manifest in each age group
- Participants will identify the positive and negative ways to parent within the five languages
- Participants will specify parenting strategies to enhance their child's love language

### About Judy

Judy Arnall, BA, is a Distinguished Toastmaster and Certified Canadian Family Life Educator who is a specialist in child development and non-punitive parenting and education practices. She teaches parenting at The University of Calgary, Continuing Education, and has taught at Chinook Learning, Alberta Health Services, and Families Matter. Judy is the author of the world-wide bestseller, ***Discipline Without Distress: 135 Tools for raising caring, responsible children without time-out, spanking, punishment or bribery*** and the newly released, ***Parenting With Patience: Turn frustration into connection with 3 easy steps***. Judy is the parent of 2 teens and 3 university students. [Jarnall@shaw.ca](mailto:Jarnall@shaw.ca) 403-714-6766 for more information. [www.professionalparenting.ca](http://www.professionalparenting.ca)

