



## Be My Valentine

*Sung to Mary Had A Little Lamb*

You're a darling child of mine,  
child of mine, child of mine!  
You're a darling child of mine,  
please be my Valentine!

## Yes, I do

*Sung to: Three Blind Mice*

I love you, I love you  
Yes, I do, yes, I do  
I love you every night and day,  
I love you when I work and play,  
I love you in so many ways,  
Oh I love you!



## Parenting with Love Languages

According to Dr. Gary Chapman, a Baptist philosopher and anthropologist, there are five love languages that influence human relationships. Each love language is a preferred way of giving and receiving love:

1. **Affirming words:** words of affection and endearment, praise and encouragement.
2. **Acts of service:** services for others that they see as valuable.
3. **Quality time:** focused, undivided attention, being together.
4. **Gifts:** giving and receiving of gifts.
5. **Physical touch:** hugs, cuddles, kisses and pats on the back.

By learning your child's own love language, Dr. Chapman asserts that you can improve your relationship with your child. You can communicate in a way that makes them feel loved unconditionally, heard and nurtured. By the same token, discipline in the child's love language can be much more damaging than intended. For example, if your child thrives on physical touch, and you punish that child by not letting them sit on your lap, the punishment can really break their heart. Dr. Chapman's love languages can be applied to romantic relationships, friendships, work relationships, and more. If you want to learn more about love languages, you can read [\*The 5 Love Languages of Children\*](#) by Gary Chapman, PhD. and Ross Campbell, MD. You can find other books in the series too.

## Strawberry Cheesecake Dip/Topping

*10 min. Serves 6-8*

- 6 ounces cream cheese softened to room temp.
- 1 1/2 cups plain Greek yogurt
- 1/4 cup powdered sugar
- 3 tablespoons strawberry jam
- 1 tablespoon vanilla extract



- 1) In a large bowl, beat together the cream cheese and yogurt until smooth. Mix in the powdered sugar, strawberry jam, and vanilla extract.
- 2) Transfer to a serving dish and lightly swirl in additional strawberry jam or top with finely chopped strawberries.
- 3) Serve immediately. Works great as a topping for French toast or for dipping graham crackers.

*From: "Tara's Multicultural Table"*