

MODULE 2 — PROPER PARENTING MATTERS

KNOW YOUR CHILD

Temperament, Love Languages, and the Art of Reading Your Kid

TOOL 2 — Your Child Profile

PART 1 — YOUR CHILD PROFILE

You cannot parent a child you do not know. Complete this profile honestly. If you have more than one child, complete a separate copy for each.

| | |
|--|--|
| Child's Name | |
| Age | |
| In one word, my child is... | |
| My child's greatest strength is... | |
| My child's biggest struggle is... | |
| What makes my child feel most loved... | |
| What triggers my child most quickly... | |
| My child responds best when I... | |

PART 2 — TEMPERAMENT IDENTIFIER

Check the traits that best describe your child. No child fits one box — but patterns reveal your parenting strategy.

| | |
|---|--|
| Strong-Willed — tests every limit | Intense — big reactions to small things |
| Sensitive — feels everything deeply | Slow to Warm — cautious in new situations |
| Introverted — needs alone time to recharge | Persistent — does not give up easily |
| Extroverted — energized by people | Impulsive — acts before thinking |
| Highly Adaptable — goes with the flow | Analytical — needs reasons and logic |

What does this tell you about how to parent this child more effectively?

PART 3 — YOUR CHILD'S LOVE LANGUAGE

A child who does not feel loved will act like it. Identify your child's primary love language — then parent from it deliberately.

| LOVE LANGUAGE | YOUR CHILD PROBABLY... | CIRCLE |
|-----------------------------|--|--------|
| Words of Affirmation | Lights up at praise. Crushed by criticism. Needs verbal encouragement daily. | |
| Quality Time | Wants your undivided attention. Acts out when ignored. Thrives one-on-one. | |
| Physical Touch | Hugs often. Seeks physical closeness. Needs affection to feel secure. | |
| Acts of Service | Feels loved when you help them. Notices when you do things for them. | |
| Gifts | Treasures tokens of love. Remembers what you gave them. Values the thought. | |

My child's primary love language is: _____

One practical way I will speak it this week:

PART 4 — BEHAVIOR DECODER

Every behavior is a message. Before you correct your child, ask: what are they trying to communicate? Go beneath the behavior to the need.

| WHEN MY CHILD... | THEY PROBABLY NEED... |
|-------------------------------------|--|
| Defies or argues constantly | More autonomy and a voice in decisions |
| Melts down over small things | Help identifying and naming their emotions |
| Clings or whines excessively | More secure connection and quality time |
| Lies or hides things | A safer environment to tell the truth |
| Acts out after school | Decompression time — they are overwhelmed |
| Bullies siblings | Individual attention and a sense of significance |

PART 5 — THE KNOW YOUR CHILD CHALLENGE

Knowledge without action is just information. Complete at least three of these this week. They are simple. They are powerful.

| CHALLENGE | HOW | DONE |
|------------------------------|---|------|
| Ask, don't assume | Ask your child: "What makes you feel most loved by me?" | |
| One-on-one time | Spend 20 minutes doing what they choose — no agenda | |
| Catch them being good | Name a character quality you see in them out loud today | |
| Study their triggers | Write down 3 things that set your child off — and why | |
| Speak their language | Do one act in their primary love language intentionally | |
| Pause before reacting | Next behavior issue — wait 10 seconds and ask: what do they need? | |

PART 6 — YOUR ACTION COMMITMENTS

The one thing I learned about my child that changes how I parent them:

One parenting habit I will change based on my child's temperament:

How I will speak my child's love language more consistently this week:

PARENT DECLARATION

I commit to knowing my child — not just managing them. I will study their temperament, speak their love language, and look beneath every behavior for the need behind it. My child deserves a parent who truly sees them.

Parent / Couple Signature

Date