

Dr. John Gottman has been researching relationships for over 30 years. He has become an expert in the field of married couples and parent child relationships because of his research and what he has learned from this research. One of the things he has learned is that those that “get it right” in relationships are intimately familiar with the lives of those they love, they know the nitty gritty details of the lives of their loved ones.

He called this intimate knowledge a Love Map. He encourages all relationships to create Love Maps for each other. How you do it is quite simple, although not always successfully done in relationships. We simply must ask questions. Asking deep questions brings out important things about a person’s thoughts, feelings and values. You can’t just ask these questions once. Our worlds are changing every day – our likes and dislikes change based on our experience. Children’s lives change even more rapidly. Parents can easily become disconnected from what is happening and important in their child’s life. Children feel supported and empowered when parents respect their preferences, interests, wishes, and fantasies. Updating these Love Maps on a regular basis is a key to fostering an intimate relationship with your growing daughters.

Below are some questions to help you continue with the Love Maps you have already started with your children. The key is to ask the questions and then listen carefully to their responses. Listening is a difficult skill to perfect. Your curiosity about their answers will guide the process.

Kids Love Map

By Dr. John Gottman (Author of Raising an Emotionally Intelligent Child)

Answer as many of the questions as you can. Write your answers in the space provided. If you have more than one child go through questions for each child. Check your answers with your children by asking them and listening for their possible updates.

What is your child’s favorite food?

Who is your child’s best friend?

Who would they like to be friends with if they could?

Who are their rivals, competitors or enemies?

What important event occurred recently for your child?

What is your child looking forward to?

What are some current stresses in your child's life right now?

What does your child want to be when they grow up?

Who is your child's favorite band/singer?

What is your child's favorite TV show?

What gets on your child's nerves?

What is your child's favorite thing to do?

What is one thing your child is wishing for right now?

What was your child's most embarrassing moment?

How does your child like to relax?

What makes your child laugh?