



How We Love Our Kids: The 5 Love Styles of Parenting

Milan Yerkovich , Kay Yerkovich

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One *Small Change* in How You Love

One *Big Change* in your Kids

Having problems with your kids? What if *you* are the problem and you just can't see it? *How We Love Our Kids* offers a unique approach, to help you as a parent transform your kids by making specific changes in how you love. It's the *only* book specifically for parents that reveals the unseen forces that shape every interaction with your kids.

- Identify which of the five love styles you have.
- Discover the surprising dynamics that shape your parenting.
- Get rid of your "buttons" so your kids can't push them.
- Create a close connection with your kids that will last a lifetime.
- Learn the seven gifts every child needs.

Based on years of research in the area of attachment and bonding, *How We Love Our Kids* shows parents how to overcome the predictable challenges that arise out of the five love styles and helps parents cultivate a secure, deep connection with a child of any age. Retool your reactions and refocus on how you love. Start today. Watch your kids flourish and thrive as they receive what was missing in your love.

With four self-assessments and powerful application tools to use with children of all ages.

How We Love Our Kids: The 5 Love Styles of Parenting Details

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From Reader Review How We Love Our Kids: The 5 Love Styles of Parenting for online ebook

Gina says

Really loved this book.

Megan says

I feel bad giving this only 2 stars. It wasn't bad by any means. But it didn't give me much new wisdom about parenting. The main idea is: imagine how your kid feels and be empathetic. If you've read anything on building emotional intelligence in children, like the Whole-Brain Child or No Drama Discipline, I don't think there's much new here. The love styles are an interesting way to look at things, but it didn't quite resonate with me. I took the quiz online and found that I was a mishmash of 3 or 4 styles. So it was hard for me to glean nuggets from the book. I know we don't all fit neatly into boxes, but I figured I'd get some ideas from reading all the applicable chapters. But it felt like they were just saying the same thing over and over again in each chapter.

Like SO many other parenting books I've read, the authors spend too much time telling anecdotal stories about families that have come through their practice--and very little time on practical application. The stories are just wrapped up too neatly with a nice little bow. The parent complains about something, the therapist asks some leading questions, then the parent gasps and has this "Aha!" moment. Story over.

I didn't finish the book. :/

Denise says

Sometimes when reading a book by a professional counselor, I find myself wishing I could just have a conversation with them instead. You see the wisdom and insight peeking through the chapters, but it's hard to apply to yourself. That's my experience with How We Love Our Kids.

The five types of parents/kids seemed too extreme at times, particularly when controller (I read as abuser?) and victim are two of the five. I did recognize myself in the vacillator parent and found some helpful hints. The rest of it seemed to have been better shared in other books about parenting with grace. The somewhat frequent negative examples of parents the authors observed once in public also grated on me. That's a lot of extrapolation from what could have been one extraordinary day.

Angela says

I found the first part of this book to be rather depressing in that it breaks down each person's emotional style into one of five types, and then goes on to describe how each type is damaging to their child. Not very

uplifting!

The later parts go on to describe different types of children, and how best to interact with them. This is what I had been hoping to get out of the book, and I felt much better as a parent and more empowered after reading through to the end.

I have been looking for books about effectively parenting introverts, and this book provided a section on that, as well as a section about determined children. I appreciated them both.

Jeff Bobin says

We want to love our kids! We want our kids to feel loved!

We usually love our kids the way we have been loved. We haven't always been loved the way we needed to be loved and at times we don't love our kids the way they need to be loved.

Every kid is unique and may need to be loved in a way that we haven't thought about. We often love as we have been loved and the way we want to be loved rather than the way the child needs to be loved.

This is a book that will help you examine your own childhood and how love was expressed to you. It will also help you look at the ways you currently express love to children. There is a little bit of something for everyone that deals with kids here including those with special needs or challenges.

The authors list five kinds of parents that struggle to express love to their kids, the avoider, the pleaser, the vacillator, the controller and the victim parent each present special challenges to their kids because of who they are. The key is that we can all learn to meet the needs of our kids and but it often means we have to rethink the way we express love.

Many of us will see ourselves in one or more of these categories and can learn why we do what we do and how to change. There are the same categories for the kids and when we learn to express love in a way that connects to them it benefits everyone. As anyone with children knows, they each present unique and special challenges. Wanting to love them equally will usually mean that we have to learn to love them differently. Probably the greatest challenge is that we also have to learn to love them differently than we were loved as children.

Not all of us were loved wrongly. At times it may feel that way while reading because they spend most of the time talking about how change can come about. Some have been loved well and are loving well now but we can all learn and if not in yourself you will see others you know in these stories.

One of the powerful parts of this book is helping us see how it strengthens our relationships when we admit we have been wrong and are working to live differently. Sometimes what we need to confess is the hurt that we have experienced at the hands of others.

The last section of the book is about gifts that we can offer our children to help them learn about themselves and grow as they develop. We want our kids to be ready to go into the world and we can help prepare them for that future.

The one weakness in this book is a lack of emphasis on those that get it right and work to express love in

healthy and wholesome ways. There are many of those as well.

While this book is written for parents, anyone that works with kids will benefit from it. This includes adult children who are still impacted by how we loved them growing up.

Aadel Bussinger says

If you are familiar with the Five Love Languages, this book is similar except that the love styles seem to focus more of the dysfunction of families rather than just personality type. The idea is that no family is perfect and the way we love is directly related to the family dynamic that we grew up in.

I liked this book, I really did. However, there were a few things that bothered me. I wish the authors had used more scripture to back up some of their observations on love styles. It seemed that their basis for the first 12 chapters was behavioral psychology more than principles you find in God's Word.

I was also a little irritated by some of the examples they gave of the love styles. They seemed extreme- and while I was no stranger to dysfunctional family settings growing up- not everyone had a topsy turmoil childhood.

With that being said, I still think this book would be a valuable tool for parents who fit the descriptions in this book. Both my husband and I recognized that we have some of the tendencies described. My husband tends to be more of an Avoider and I have both Pleaser and Vacillator traits.

The meat of the book is towards the end. There are special chapters on dealing with free-spirited, determined, sensitive, and introverted children.

Read my entire review here: <http://thesetemporarytents.com/2012/0...>

Jeremy says

Really helpful at diagnosing some issues in your parenting. Always looking to improve in this area and this book had some sharp insights.

Crystal Green says

This was another great parenting book. This book helps a parent to understand "HOW" they love their kids. We all have our unique ways of parenting, and this book definitely helps point out the pros and cons of each type of style. To read more about my review go to <http://www.tidbitsofexperience.com> .

Laura says

Title: HOW WE LOVE OUR KIDS

Authors: Milan & Kay Yerkovich

Publisher: Waterbrook Press

March 2011

ISBN: 978-0307729248

Genre: Parenting

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HOW WE LOVE OUR KIDS is the latest in parenting books I've read, and I think it will be the last for awhile. I feel like I need to visit Milan & Kay Yerkovich to make sense of the book!

First of all, the first part of the book, states, rather clearly that all the problems you have with your kids are your fault. And if they aren't your fault, then they're your parents fault. No if, ands, or buts. However, I tried and tried to figure out which of the "love styles" my husband and I are and to my uneducated and untrained mind, we don't fit anywhere! There are five love types, all negative and unloving, such as an avoider (an emotional robot who tries to distance themselves from their children), a pleaser (who lets the child run the show), a vacillator (who is hot and cold, with no in between), a controller (who is essentially emotionally abusive), or a victim (who is passive and overly compliant to all demands).

Then the second part, talks about how to identify the five "types" of children, and the third part talks about unique types of children which included a bit more practical advice, rather than putting all the blame on mom & dad or grandma & grandpa.

Then the last part talks about seven gifts children need. There is an appendix with strategies and tips for parenting. I have found other parenting books more helpful, such as GET OFFA MY CASE! for dealing with

angry teens, or any other number of books. This wasn't very helpful to me at all. \$11.99. 304 pages.

Melissa Roach says

Description

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About the Authors

Milan Yerkovich is a weekly talk show host on the New Life Live! radio program. An ordained pastor with a master's degree in biblical studies, he has been helping couples and families build healthier relationships for more than twenty-five years. Previously a pastoral counselor for The Center for Individual and Family Therapy, Milan now teaches seminars on relationships and intimacy and is cofounder of Relationship 180°, a non-profit ministry for Christian leaders and laity.

Kay Yerkovich is a licensed marriage and family therapist with a master's degree in counseling. She has been using attachment theory in her professional counseling of couples and families for more than thirteen years. The Yerkoviches have been married thirty-three years and are the parents of four adult children. They make their home in Southern California.

To learn more about the authors and their books, please visit their website.

My Thoughts

As an educator, and a parent who has taken a handful of parenting classes over the years, there is one thing that has to be understood by parents of all ages: Parenting cannot be mastered by using a specific technique, or disciplining in a certain way. Parenting, in fact, is something that you must learn from each day, and demonstrate by expressing your love for your children.

I realize that every child is unique, and that comes from having unique parents (a.k.a. YOU). Instead of trying to change your child though, and the way they behave (or mis-behave in some cases), this book encourages you to change the way you look at yourself as a parent. It discusses the different parenting styles, and unique personalities that many children challenge you and their caregivers with.

There are many days that I feel overwhelmed, and stressed out to the core...but I know that sometimes, I just need to smile, laugh and enjoy the moments I have with my children before they are all grown and have their own lives to worry about. After reading this book, it has helped me realize that my love for my children will grow stronger (even after our not-so-fun moments).

I would highly recommend this book to any parent or caregiver (that includes grand parents as well). It will help you learn about yourself, and will encourage you to recognize your child's strengths and weaknesses. To purchase this book, you can do so via Amazon.com, or check your local favorite book store.

Thank You so much Blogging for Books & Waterbrook Press for letting me review this book and share it with my family! I absolutely love being apart of your bloggers reading program Take care and I look forward to reading more books from you in the future!

Post published by Melissa Roach, our Product Review & Giveaway Specialist.
Melissa is a Full Time Mom & Blogger [HERE](#) (please check out her blog!)

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Kristen Gebbia says

After reading the Yerkovich's original book, "How We Love", and watching the video conference with it, Ian and I saw a great improvement in our marriage. So I was really excited when the Yerkovich's came out with this book about the love styles of parenting.

The book begins by going through the 5 wounded love styles we all have, and how each one effects our parenting. The descriptions were dead on! After determining what kind of wounded love style you parent with, the book moves on to determining what kind of wounded love style your child has and how to relate to it. There is also a section about unique cases, like premature babies and introverted children. Finally, the book closes with a section detailing the seven greatest gifts a parent can give their child.

The major theme of this book is helping your children identify and understand their feelings. At first I wasn't quite sure how to take that. I've seen a lot of families run amuck child-rearing because they didn't want to hurt their children's feelings so they didn't set boundaries. But as the book progressed it seemed to come full circle and balance out with thoughts about implementing absolute boundaries and practical times to talk to kids about feelings (i.e. consequences for wrong doings come first, then heart-to-heart talks about feelings follow).

The secondary theme of this book is about working with your wounded love style, softening your edges, and

becoming a more "secure connector". If you're really wanting to focus on this for yourself, the original book (How We Love) goes more in depth.

My absolute favorite quote comes from chapter 8: "The great news is, kids don't really need perfect parents. They need parents who say, 'I messed up. I have weaknesses in me that cause hurt in our relationship. But I'm committed to growing and changing.'"

Cathy Doman says

I am so glad I received this book for free through Goodreads First Reads! Reading this book, I learned so much that will help me be a better parent. Milan and Kay Yerkovich explained the 5 different love styles of parenting, how the way we parent usually reflects the way we were parented. They showed ways to overcome specific challenges we all face, based on our own love style, and ways to change for the better. If we understand ourselves, and take care of our own challenges first, we are better able to love our children in the ways they need to be loved. If you are a parent, or a child of a parent, I highly recommend this book! I am sure I will be going back to it many times for future reference!

Lisa Vu says

Excellent read for parents. Provides insight into how family or origin shapes our parenting style. A perfect opportunity to take a look into our own hearts and see specific areas where we need God's guidance and healing in order to replace reactive parenting (via personal issues) with a healthy, godly love for our children.

Rheta Thola says

Great book. Actually learned more about myself and my childhood than I did about "parenting" methods. However the premise of the book is about choosing to address your need to heal and grow and how that affects your parenting. So true! Very enjoyable and easy read with providing absolute practical ideas. Love the "toolkit" in the back that provides different "soul words" to use when talking with your kids, and different ways to engage your kids in conversations. Also very smart in breaking down each chapter into how this looks/works with infant/toddler and teens.

Meganjenk says

This is one of the best Christian parenting books I've read, in that it steers you away from "teach your kids obedience so they will also obey God!" and more toward an empathetic, compassionate relationship. In short, more like secular parenting books that are more based on psychology and social science on emotional intelligence than literal interpretation of a few Bible passages. I learned more about myself, and was definitely inspired to change some of the ways I love my kids, especially the way I respond to them when they are upset about something I think is silly!

Tori says

I am always intrigued by parenting books because there really are so many different love styles. As parents we all have our individual methods of raising our children. One thing we don't really focus on is the fact that our children's behavior may not be due to them but rather due to us. Not to say that we come from dysfunctional families, but rather pointing out that no matter how we realize it our past sometimes repeats in our future. A great example is how when we are young we may tell ourselves we aren't going to be like our mother or father and as we become parents we catch ourselves doing the same things.

I love how this book truly helps the parent and instead of focusing on changing the child, it focuses on changing the parent.

One thing I have instituted into my household from the book is a list of emotions. Towards the beginning of the book Milan's son is upset due to a school incident so Milan has him go to the refrigerator where there is a list of emotions and choose what emotions he is feeling so they can talk about it. Since my oldest child is 4 I have a list of "emotion faces", which are drawings of various happy, mad, sad, frustrated, silly, etc. faces with the words underneath. When tantrum time rolls around we visit this list, he chooses his emotions and we talk through it. It doesn't always work right away, but it has had a positive effect for him.

I also loved the fact that it didn't seem as if this book was "lecturing" but it felt as if the authors were actually speaking to you. There were many personal experiences throughout the book that made it more personal, and easy to relate to. There are discussion questions at the end of each chapter which would make this a great book for any group gatherings. I think this is a good book for any parent who wants to better their parenting styles or to learn better ways to communicate with your child, and ways to make it easy for them to talk to you.

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Disclaimer:

Waterbrook Multnomah Publishers has provided me with a complimentary copy of this book for review purposes. All opinions expressed are mine alone.

jessica henkel says

Best parenting book I've read

Loved the new way this book encourages us as parents to see our kids, their behavior and needs- strongly recommend it!

Jonida says

Extremely interesting and well written. No one realizes the importance of emotionally training your children to be aware not only of their feelings but also of others and know how to properly care for them both. This book teaches to recognize personalities in children and yourself, and give you a battleplan on how to raise emotionally intelligent adults. Loved it !

Alaina Maxam says

THIS IS A VERY GOOD BOOK. IT DEFINITELY GAVE ME SOME GOOD IDEAS. EVEN THOUGH MY CHILDREN ARE ALL GROWN AND OUT OF THE HOME THE THINGS I LEARNED FROM THIS BOOK CAN STILL BE USED.

Susan says

I should have read How We Love before reading this--I think the authors' first book would've given me a better foundation for their ideas.

The main idea of this book is this: "our children's messy development reveals the mess within us as parents" -- that we bring our own issues from childhood into our parenting -- but that "By discovering the unseen forces that determine how we parent, we can learn to respond to children free from the wounds of the past." I just wonder if all poor parenting is a result of problems in parents' relationships with their own parents when they were children.

After reading this book, I'm a little confused. Are the authors saying that ALL parents and children are either avoiders, pleasers, vacillators, controllers or victims? I find that hard to believe.
