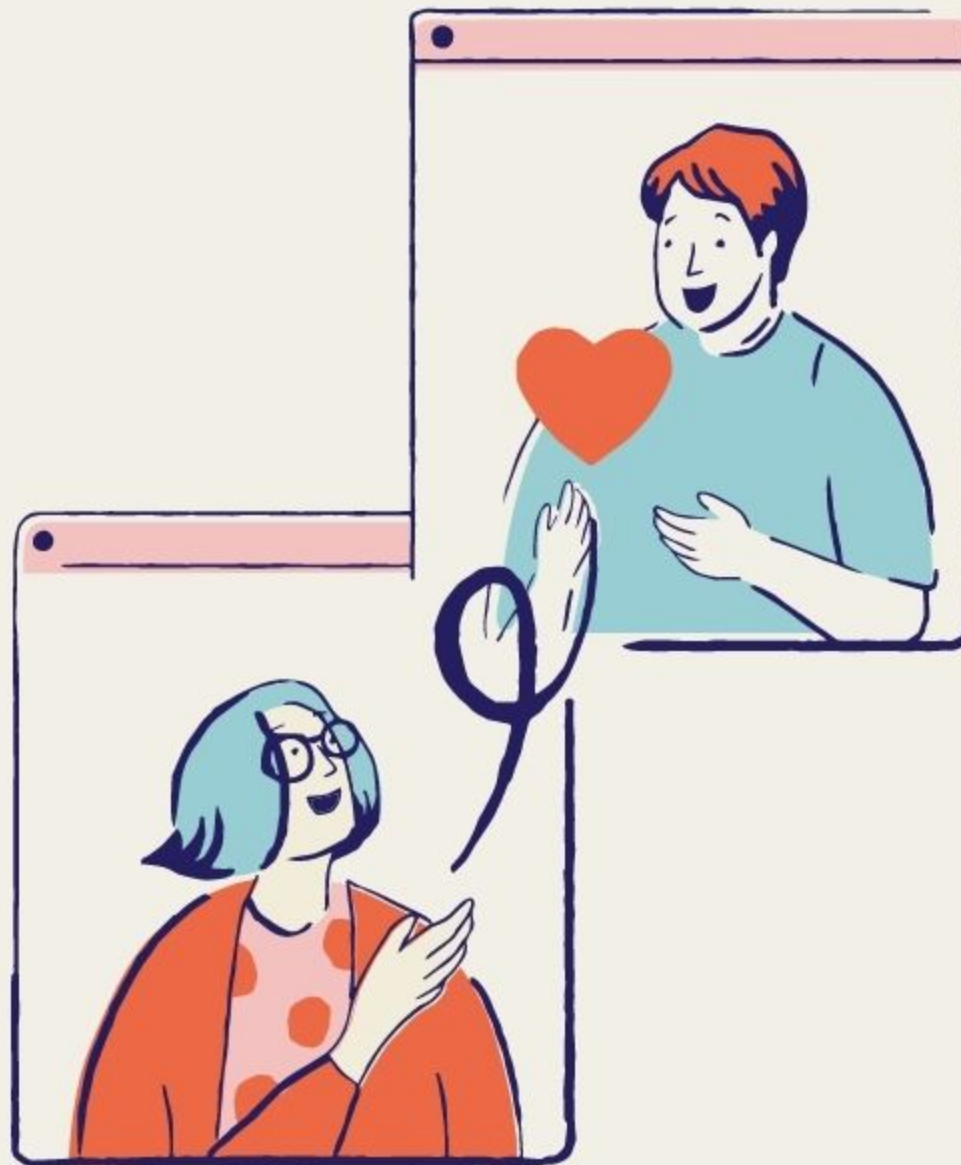


# EXPRESSIONS OF LOVE



**The relationships we have with our parents may not always be smooth sailing. Cultural differences, language barriers, age gap, and different understandings of mental health are some factors that can affect family relationships.**



**Take a moment to think about all the ways your family express love to you.**

**It can be difficult for Asian families to say “I love you”, but that does not mean you are not cared for. How does your family express their love?**

**“How was your day?”,  
“How was school/work?”**



**Cutting up fruit**



**Cooking your favourite  
meal**



**Acts of service (doing your  
laundry, cleaning your room, etc.)**



**Gift/money-giving**



**Investing in your education**



**Always worrying about you**



**Giving helpful criticism and feedback on your mistakes**



**Providing opportunities to learn new instruments, languages, etc.**



**Feeling concerned when you spend your own money on them**



**Taking the time to help you with your homework**

