

Love and Logic Starts with a Hug

LOVE

It takes a great deal of love to...

- ♥ Find the positives in our kids when they act poorly
- ♥ Hug them before we ask them about their homework
- ♥ Set limits without anger, lectures, or threats
- ♥ Hold them accountable for their poor decisions by providing empathy first and consequences second

LOGIC

When we give this special kind of love, a wise type of logic grows in their minds:

When I make poor decisions, it makes my life pretty sad. I wonder how my next decision will affect my life?



The Love and Logic People

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Love and Logic Solution:

What Is Parenting with Love and Logic?

“I don’t understand it. The techniques my parents used so effectively just don’t seem to work with kids today. “ Does this statement sound familiar to you? A lot of parents today are wondering what to do with their kids and are frustrated because the old techniques just don’t seem to get the job done.

Parents want to enjoy their kids, have fun with them, and enjoy a less stressful family life. But even if their kids are trouble-free right now, they fear what the coming teenage years will bring.

At no time in history have parents been more unsure of their parental role. Even the best are not all that sure about whether they are using the best techniques. They say that their kids don’t appear to be much like the ones they knew in years past.

A lot of conflicting philosophies have been presented over the last 30 years. Many of these sound good, but don’t seem to do the job of helping children become respectful, responsible, and a joy to be around.

Many ideas, offered with the best of intentions, center around making sure that kids are comfortable and feeling good about themselves in order to have a good self-concept. However, we have discovered that self-confidence is achieved through struggle and achievement, not through someone telling you that you are number one. Self-confidence is not developed when kids are robbed of the opportunity to discover that

they can indeed solve their own problems with caring adult guidance.

There is, however, an approach to raising kids that provides loving support from parents while at the same time expecting kids to be respectful and responsible. This program is known as *Parenting with Love and Logic*, a philosophy founded by Jim Fay and Foster W. Cline, M.D., and based on the experience of a combined total of over 75 years working with and raising kids.

Many parents want their kids to be well-prepared for life, and they know this means kids will make mistakes and must be held accountable for those mistakes. But these parents often fail to hold the kids accountable for poor decisions because they are afraid the kids will see their parents as being mean. The result is they often excuse bad behavior, finding it easier to hold others, including themselves, accountable for their children’s irresponsibility.

Jim Fay teaches us that we should “lock in our empathy, love, and understanding” prior to telling kids what the consequences of their actions will be. The parenting course *Becoming a Love and Logic Parent* teaches parents how to hold their kids accountable in this special way. This Love and Logic method causes the child to see their parent as the “good guy” and the child’s poor decision as the “bad guy.” When done on a regular basis, kids develop an internal voice that says, “I wonder how

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What Is Parenting with Love and Logic?, continued.

much pain I'm going to cause for myself with my next decision?" Kids who develop this internal voice become more capable of standing up to peer pressure.

What more could a parent want? Isn't that a great gift to give your child? Parent child relationships are enhanced, family life becomes less strained, and we have time to enjoy our kids instead of either feeling used by them or being transformed from parent to policeman.

The Love and Logic technique in action sounds like this:

Dad: "Oh, no. You left your bike unlocked and it was stolen. What a bummer. I bet you feel awful. Well, I understand how easy it is to make a mistake like that." (Notice that the parent is not leading with anger, intimidation, or threats.)

Dad then adds, "And you'll have another bike as soon as you can earn enough money to pay for it. I paid for the first one. You can pay for the additional ones."

Love and Logic parents know that no child is going to accept this without an argument, but Love and Logic parents can handle arguments. Jim Fay advises "just go brain dead." This means that parents don't try to argue or match wits with the child. They simply repeat, as many times as necessary, "I love you too much to argue." No matter what argument the child uses, the parent responds "I love you too much to argue." Parents who learn

how to use these techniques completely change, for the better, their relationships with kids and take control of the home in loving ways.

You can learn more about Love and Logic by contacting the Cline/Fay Love and Logic Institute, Inc. in Golden, Colorado. The toll-free number is 1-800-338-4065.



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Love and Logic Solution:

The Rules of Love and Logic

RULE #1

Adults set firm limits in loving ways without anger, lecture, or threats.

RULE #2

When a child causes a problem the adult hands it back in loving ways.

1. In a loving way, the adult holds the child accountable for solving his/her problems in a way that does not make a problem for others.
2. Children are offered choices with limits.
3. Adults use enforceable statements.
4. Adults provide delayed/extended consequences.
5. The adult's empathy is "locked in" before consequences are delivered.



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Love and Logic Solution:

Two Ways to Neutralize Childhood Arguing

1. LOVE AND LOGIC INSTANT EMPATHETIC RESPONSE

The expression of genuine empathy has the amazing ability to soak up emotions.

Learn to use an empathetic statement that comes right from your heart. Use the statement that feels natural to you. Use it every time.

Examples of empathetic statements that work:

“Oh, no. I bet that feels terrible.”

“Wow. What a bummer.”

“I can’t imagine how bad that feels.”

Examples of statements that don’t work:

“I know how you feel.”

“I know just what you mean.”

“I understand.”

2. LOVE AND LOGIC ONE-LINERS TO NEUTRALIZE ARGUING

It is important that Love and Logic One-Liners be used in the “broken record” form.

Example of a Love and Logic One-Liner that should become a habit for you:

“I love you too much to argue.”

Sample dialogue:

CHILD: You never let me do what I want.

PARENT: I love you too much to argue about that.

CHILD: But Sally always gets to do what she wants.

PARENT: I love you too much to argue about that.

CHILD: Yeah, that’s cause you like her better.

PARENT: I love you too much to argue about that. Come talk to me later about something fun. See you, sweetie. Thanks.



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ONE-LINERS

Kids seem to have a repertoire of “hooks” they use to get their parents to argue with them. Here are some *Love and Logic One-Liners* that will get parents off the hook and cause children to do more of the thinking.

Remember: The “one-liners” are only effective when said with genuine compassion and understanding. These are never intended to be flippant remarks that discount the feelings of the child. If an adult uses these responses to try to get the better of a child, the problem will only become worse. The adult’s own attitude at these times is crucial to success.

“Probably so.”

“I know.”

“Nice try.”

“I bet it feels that way.”

“What do you think you’re going to do.”

“I don’t know. What do you think?”

“Bummer. How sad.”

“Thanks for sharing that.”

“Don’t worry about it now.”

“That’s an option.”

“I bet that’s true.”

“Maybe you’ll like what we have for the next meal better.”

“What do you think I think about that?”

“I’m not sure how to react to that. I’ll have to get back to you on it.”

“I’ll let you know what will work for me.”

“I’ll love you wherever you live.”



Misbehavior

THE MISBEHAVIOR CYCLE

Anger and frustration feed misbehavior.

That's right! When adults respond to misbehavior with anger and frustration, a vicious cycle of misbehavior begins. Love and Logic teaches adults to prevent or break this cycle by replacing anger with genuine sadness or empathy.

**Adult Shows
Anger or
Frustration**



**Child's
Perception of
Authority Figures**

"The most powerful people in my
life can't make me behave"

OR

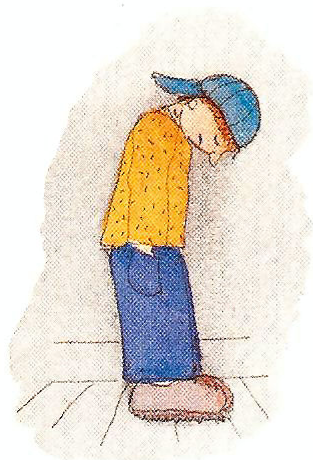
"The most powerful people in my life really
have to sweat to make me behave"

OR

"It's entertaining to make adults mad"

**Negative
Self-Concept**

"If it's so hard
for adults to help
me behave, I
must be a pretty
hopeless case."



Love and Logic Solution:

Guidelines for Sharing Control Through Choices

Love and Logic Rules for Choices

- Never give a choice on an issue that might cause a problem for you or for anyone else.
- For each choice, give only two options, each of which will be OK with you.
- If the child doesn't decide in ten seconds, decide for him or her.
- Only give choices that fit with your value system.

Some Love and Logic examples of little choices

- Would you like to wear your coat or carry it?
- Are you going to clean the garage or mow the lawn this week?
- Will you have these chores done tomorrow? Or do you need an extra day to get them finished?
- Are you having peas or carrots as your vegetable tonight?
- Are you going to bed now? Or would you like to wait 15 minutes?
- Can you stay with us and stop that, or do you need to leave for a while and come back when you are sweet?
- Are you going to put your pajamas on first or brush your teeth first?
- Will you be home at 10:00? Or do you need an extra half hour with your friends?
- Are you guys going to stop bickering? Or would you rather pay me for having to hear it?



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Love and Logic Solution:

Turn Your Word Into Gold

The Art of Enforceable Statements for the Home

Ineffective Technique	Love and Logic Technique
Please sit down. We're going to eat now.	We will eat as soon as you are seated.
Please be quiet. I can't listen to your brother when you are both talking at the same time.	I'll be glad to listen to you as soon as your brother has finished talking to me.
Clean your room so we can go shopping.	I'll be happy to take you shopping as soon as your room is clean.
I'm not going to play ball with you until all of you are quiet.	I'll be happy to play ball with you as soon as it is quiet.
Don't talk while I'm reading to you.	I will start reading to you again as soon as you have finished talking.
You can't go play until you have finished your homework.	Feel free to go play as soon as you have finished your homework.
Don't shout at me.	I listen to people who do not yell at me.
Pay attention.	I'll start again as soon as I know you are with me.
Don't be bothering your sister.	You are welcome to stay with us as long as you are not bothering your sister.
Keep your hands to yourself.	Feel free to stay with us when you can keep your hands to yourself.
Do your chores on time or you'll be grounded.	I'll be happy to let you go with your friends as soon as your chores are finished.
Don't talk to me in that tone of voice!	I'll listen as soon as your voice is as calm as mine.
You show some respect.	I'll be glad to discuss this when respect is shown.
Don't be late coming home from school.	I drive those to practice who arrive home on time.
I'm not picking up your dirty clothes.	I'll be glad to wash the clothes that are put in the laundry room.
Keep your room neat.	All owners of neat rooms are welcome to join us for ice cream.

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Turn Your Word Into Gold, continued.

Ineffective Technique	Love and Logic Technique
I'm not loaning you any more money.	I loan money to those who have collateral.
If you can't remember your pencil, you're just going to have to do without.	Feel free to borrow from anyone but me.
You're not going out without your coat.	You may go out as soon as you have your coat.
You're not going to stay in this group and act like that.	You may stay with us if you can give up on that behavior.
Don't you come back to this room until you can show some respect!	Feel free to come back to the room as soon as you are calm.
Quit breaking the rules of the game.	Those who can follow the rules are welcome to play the game.
Get this room cleaned up right now, and I mean it!	You are welcome to join us for _____ as soon as your room is clean.
Stop arguing with me.	I'll be glad to discuss this with you as soon as the arguing stops.
If you can't treat the paint brushes right, you'll just have to sit out this project.	All of those who can handle the paint brushes right are welcome to join us in the project.
If you forget your permission slip, you're going to miss the trip.	All of those who remember permission slips are welcome to go on the field trip.



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Love and Logic Solution:

Guiding Children to Solve Their Own Problems

Love and Logic Step One:

Empathy.

“How sad.”

“I bet that hurts.”

Love and Logic Step Two:

Send the “Power Message.”

“What do you think you’re going to do?”

Love and Logic Step Three:

Offer choices.

“Would you like to hear what other kids have tried?”

At this point, offer a variety of choices that range from bad to good. It’s usually best to start out with the poor choices.

Each time a choice is offered, go on to step four, forcing the youngster to state the consequence in his/her own words. This means that you will be going back and forth between Love and Logic steps three and four.

Love and Logic Step Four:

Have the child state the consequences.

“And how will that work?”

Love and Logic Step Five:

Give permission for the child to either solve the problem or not solve the problem.

“Good luck. I hope it works out.”

Have no fear. If the child is fortunate enough to make a poor choice, he/she may have a double learning lesson.



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Love and Logic Solution:

The Instant Empathetic Response

Some Benefits of Delivering Love and Logic Consequences with Empathy

- The child is not distracted by the adult's anger.
- The child must "own" his or her pain rather than blaming it on the adult.
- The adult-child relationship is maintained.
- The child is much less likely to seek revenge.
- The adult is seen as being able to handle problems without breaking a sweat.
- The child learns through modeling to use empathy with others.

Keep Your Empathy Short, Sweet, Simple, and Repetitive

Most adults find it difficult to deliver empathy when a child has misbehaved. The more natural tendency is to show anger, threaten, and lecture. Parents generally find it much easier to pick just one Love and Logic empathetic response to repeat over and over with their kids. When children hear this same statement repeated over and over, they learn two things:

- My parents care about me.
- My parents aren't going to back down. No use in arguing!

Pick Just One Love and Logic Empathetic Response and Use It Repeatedly

Examples:

1. This is so sad.
2. Bummer.
3. Ohhhhhh...this is hard.

The Power of Nonverbal Communication

Studies estimate that between 70% and over 90% of what we communicate we do without words through subtle nonverbal gestures.

Research also reveals that children are experts at decoding these nonverbal cues.

When delivering empathetic responses, the delivery is as important as your actual words! AVOID SARCASM AT ALL COSTS!



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Love and Logic Solution:

The Delayed or “Anticipatory” Consequence

Immediate consequences work really well with rats, pigeons, mice, and monkeys. In real-world classrooms, they typically create more problems than they solve.

Problems with Immediate Consequences:

1. Most of us have great difficulty thinking of an immediate consequence while we are teaching.
2. We “own” the problem rather than handing it back to the child. In other words, we are forced to do more thinking than the child.
3. We are forced to react while we and the child are upset.
4. We don’t have time to anticipate how the child, his/her parents, our administrators, and others will react to our response.
5. We don’t have time to put together a reasonable plan and a support team to help us carry it out.
6. We often end up making threats we can’t back up.
7. We generally fail to deliver a strong dose of empathy before providing the consequences.
8. Every day we live in fear that some kid will do something that we won’t know how to handle with an immediate consequence.

Take care of yourself, and give yourself a break! Here’s how:

The next time a student does something inappropriate, experiment with saying, “Oh no. This is so sad. I’m going to have to do something about this! But not now...later. Try not to worry about it.”

The Love and Logic Anticipatory Consequence allows you time to “anticipate” whose support you might need, how the child might try to react, and how to make sure that you can actually follow through with a logical consequence. This Love and Logic technique also allows the child to “anticipate” or worry about a wide array of possible consequences.

The Love and Logic Anticipatory Consequence technique gains its power from this basic principle of conditioning. When one stimulus consistently predicts a second, the first stimulus gains the same emotional properties as the second. Stated simply: When “try not to worry about it” consistently predicts something the child really must worry about, “try not to worry about it” becomes a consequence in and of itself...an “Anticipatory” Consequence.



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LOVE AND LOGIC® SOLUTIONS

What to Do When an Appropriate Consequence is Hard to Find

by Dr. Charles Fay

The “Energy Drain” approach was created to give adults a practical way of creating logical consequences that teach responsibility. Simply stated, the child (or teen) is required to replace energy “drained” from the adult by their misbehavior.

Step 1: Deliver a strong dose of sincere empathy.

This is so sad.

Step 2: Notify the youngster that their misbehavior drained your energy.

Oh sweetie. When you lie to me (or almost any other misbehavior) , it drains energy right out of me.

Step 3: Ask how he or she plans to replace the energy.

How are you planning to put that energy back?

Step 4: If you hear, “I don’t know,” offer some payback options.

Some kids decide to do some of their mom’s chores? How would that work? Some kids decide to hire and pay for a babysitter—so their parents can go out and relax. How would that work?

Step 5: If the child completes the chores, thank them and don’t lecture

Thanks so much! I really appreciate it.

Step 6: If the child refuses or forgets, don’t warn or remind.

Remember: ACTIONS SPEAK
LOUDER THAN WORDS!

Step 7: As a last resort, go on strike OR sell a toy to pay for the drain.

What a bummer. I just don’t think I have the energy to take you to Silly Willie’s Fun Park this weekend.

OR...

What a bummer. You forgot to do those chores. No problem. I sold your Mutant Death Squad action figure to pay for a babysitter tonight.



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Love and Logic Solution:

Angry Kids

“Why does my child always have an attitude? She’s often disruptive, disrespectful or picking on other children. She’s always the one with a chip on her shoulder.” This frustrated parent expresses the feelings of many—Why is my child angry and how do I deal with it?

A child who acts out may be expressing other emotions through anger. A youngster may be experiencing a loss, a divorce or a move. A child may be trying to let the world know that his/her life is not what it ought to be. Regardless of the reason, it looks the same. But how can we deal with this angry attitude without being a psychologist?

A Parent’s Job is to Understand, Not to Fix Things

Listening for understanding is impossible when a child is “drunk” on anger. Never reason with an angry child. Instead say, “It sounds like you’re really mad. I want to listen and understand. I will listen when you’re voice is as calm as mine. Come back then.” If you can’t make the child leave, you leave.

Be prepared to repeat your calm statement if the child is determined to yell out the anger without leaving. “Don’t worry about it now. We’ll talk when you’re calm.” You may need to say this several times. Be prepared to play “broken record” with, what did I say? Use these phrases instead of reasoning. Reasoning will only fuel the anger.

“Thanks for Sharing That”

Once the child is able to discuss the anger, listen without reasoning. Try to avoid telling the child why

he/she should not be angry. Avoid telling them that things will be okay and how to make it better. Your job is to prove that you understand—“It sounds like you get mad when I tell you it’s time to do your chores. Thanks for sharing that with me. I’ll give it some thought. If you think of a better way for me to remind you, let me know.”

Parents Can Make It Worse

Parents who do not treat their children with respect send a message that says, “You’re not worthy.” These parents often communicate with a lot of yelling. This encourages the child to yell and scream back while the parents retaliate by getting madder. It’s a vicious cycle that breeds chronic anger in the child.

In place of anger, parents should work on listening to their children in a non-threatening, honest and open manner. Most children will talk openly only after they truly believe their parents are interested in what they have to say and recognize their feelings.

When Anger Continues

If, despite your best attempts to understand your child’s anger, there is no change in behavior after three months, parents should seek professional counseling for their child. In some instances, chronic anger is best helped by a professional.

Never reason with an angry child. Use empathy and understanding instead

“It sounds like you’re really mad. I want to listen and understand. And I will listen when your voice is as calm as mine. Come back then.”



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