



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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The Delayed or “Anticipatory” Consequence

By Jim Fay

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

Problems with Immediate Consequences:

1. Most of us have great difficulty thinking of an immediate consequence in the heat of the moment.
2. We “own” the problem rather than handing it back to our child. In other words, we are forced to do more thinking than our child.
3. We are forced to react while we are still upset.
4. We don’t have time to anticipate how our child 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 consequence.

Take care of yourself, and give yourself a break!

The next time your child 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.”

It’s even okay to say, “I’m so angry about this right now that I better calm down before I talk with you about it. I make better decisions when I’m calm.”

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

This technique gains its power from basic conditioning. When we consistently follow, “I’m going to have to do something about this. We’ll talk later,” with empathy and consequences, “I’m going to have to do something,” becomes a consequence in and of itself...an “anticipatory” consequence.

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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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