

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.



Love and Logic
INSTITUTE, Inc.

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Love and Logic Solution:

Love and Logic Parent's Playbook

Love and Logic parents are great sports coaches. They go to their Love and Logic playbook when facing a challenge. Like great coaches, Love and Logic parents don't try to make up plays on the spot, but refer to their playbook. These plays may look different in different situations, but nevertheless, they are the same in their execution.

Great Love and Logic parents overlearn their plays so that they become second nature. This is only done when the playbook remains simple with a limited number of plays. The authors of Love and Logic have found that it is very difficult for a child to do something that cannot be handled with variations of the following plays.

Remember, perfect execution of a Love and Logic play does not guarantee that the child will always make a good decision. But the good news is that he/she will have an opportunity to learn from the resulting consequence.

1. Lead with Empathy
2. Oh, Oh Song
3. One-Liners to Neutralize Arguing
4. Enforceable Statements
5. Choices
6. Anticipatory Consequences/Delayed Consequences
7. Restitution

Additional chores to pay for parent's time, energy, or worry:

8. Child Pays for Baby-sitter or House Guard
9. Strategic Training Session
10. Guiding Kids to Solve their Own Problems



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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.”

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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Love and Logic Solution:

Using Enforceable Statements

Many children have an uncanny ability to get us pulled into trying to control what we really cannot.

Truly powerful Love and Logic parents recognize this and avoid this trap by using enforceable statements. Enforceable statements tell kids what **WE** will do or allow...rather than trying to tell **THEM** what to do.

When we set Love and Logic limits by saying what WE will do or what WE will allow:

- We avoid looking like a fool when we can't get our kids to do what we say.
- We share some control with our children. As a result, they are much less likely to resist in order to regain control.
- We avoid getting sucked into trying to control something we really can't.

Examples of Love and Logic Enforceable Statements:

- I give treats to kids who protect their teeth by brushing.
- Breakfast is served until 7:30. Get all you need to hold you till lunch.
- My car is leaving at 8 a.m.

- I'll listen as soon as your voice is as calm as mine.
- I'll take you guys the places you want to go in the car when I don't have to worry about fighting in the back seat.
- I'll do all of the things I do for you around here when I'm feeling respected.
- I give allowance to those who finish their chores.
- I'll provide TV and Nintendo when the chores are done.
- I keep the toys I have to pick up. You can keep the ones you pick up.
- I'll be happy to buy you the clothes I feel are appropriate.
- I'll be happy to listen to you as soon as your father and I are finished talking.
- I lend money to those who have collateral.
- I lend the car to those who have made a deposit equal to the insurance deductible.
- I'll reimburse you for your college tuition for those classes in which you earn a "B" or above. I'll be happy to give you the money when I see your report card.



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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 lend 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 paintbrushes right, you'll just have to sit out this project.	All of those who can handle the paintbrushes 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:

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:

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:

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 One Year Plan

Parent's Guide for Helping Children Succeed in School

1. Love and Logic parents remember that parents can't teach for teachers and teachers can't parent for parents. Remember that teachers and parents can't learn for kids no matter how much we love them.
2. Show the same amount of love for your children regardless of their success in school.
 - a. Show sadness rather than anger when they have trouble at school.
3. Expect your children to do their share of the chores at home.
4. Spend some time each day talking with excitement about your work and your day.

They will want to imitate you and will soon begin to talk about school and their day.
5. Take turns reading to each other every day.
6. Have your children teach you something they have learned at school. Do this once per week.
7. Encourage your children to do things that "charge their batteries." Encourage them to try many different activities as a way of discovering interests and talents.
 - a. Remind them that they will build their careers around their talents, not around their weaknesses.
8. Provide a time and place for homework. Expect that they will study. Allow them to study either by writing the assignments or thinking hard about them for a reasonable amount of time.
 - a. If they decide to study by thinking instead of writing or reading, have them think of a plan for explaining it to the teacher.
 - b. Support the teacher to handle this.
 1. Don't fight with children over the homework.
 2. Don't fight with the teachers over the grade or consequence.
 3. Tell your children that you will love them regardless of their grades or the number of years it takes to complete each grade.
9. Don't pay your children for good grades and don't punish for bad grades. Be excited about the good grades and sad for the children about their bad grades.
10. Have your children bring home papers.
 - a. Look at the right answers instead of the wrong ones.
 - b. Don't correct the wrong answers—leave this for the teacher.
 - c. Have your children explain the reasons for the answers being right. If they don't know, give them three choices:
 1. You cheated?
 2. You tried hard?
 3. You are getting smarter in that subject?

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The One Year Plan, continued.

11. Expect this Love and Logic program to take about one year before you see good results.

Remember that children who have a hard time at school need to get away from it for a while each day. More homework and problems at home about school won't help.

- a. Don't complain to teachers that they should give this child more homework.
- b. Use this program instead and you will see amazing results in one year.
- c. Fight with your children and their teachers about homework and the problem will still be there in years to come.

12. Love and Logic parents remember that highly successful people put most of their efforts into their talents and maintain minimal standards on everything else.

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