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# 10 Parenting Strategies

## *Parenting Teens with Love and Logic*

### 1. Lead with Empathy First

Before correcting, fixing, or lecturing—start with empathy.

*Instead of:* “You should have studied.”

*Try:* “Ugh... that must feel really frustrating.”

*Why it works:*

- Teens open up when they feel understood, not judged
- Empathy lowers defensiveness and builds trust

### 2. Let Natural Consequences Do the Teaching

*Instead of rescuing:*

- Forgot homework? Let the grade happen
- Spent all their money? Let them be broke

*The idea:*

- Teens learn best when their choices lead to real outcomes
- Your role = guide, not control

### 3. Give Choices (That You Can Live With)

Teens crave independence. Give it—but with structure.

*Examples:*

- “You can do homework before dinner or after—your call.”
- “Would you rather drive with us or meet us there?”

*Why it works:*

- Builds decision-making skills
- Reduces power struggles



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#### 4. “Drop the Rope” in Power Struggles

When things escalate... don't engage.

*Instead of arguing.* Say “I love you too much to argue.” Then walk away.

This “drop the rope” approach:

- Stops the emotional tug-of-war
- Protects your relationship

#### 5. Ask, Don't Tell

Shift from control to curiosity.

*Try:*

- “What do you think would work here?”
- “How do you want to handle this?”

Love and Logic emphasizes getting their input without accusation. You're building thinkers, not followers.

#### 6. Set Fewer, Stronger Limits

Keep rules simple and meaningful.

- Not 20 rules... maybe 4–5 core ones
- Be consistent and calm

Teens actually feel safer with:

- Clear expectations
- Predictable outcomes

#### 7. Separate the Teen from the Behavior

**This is huge.**

*Instead of:* “You're irresponsible”

Say: “I love you... this choice just didn't work out.”

*The message:* You're always loved—even when your choices aren't great



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## **8. Avoid Control Battles (Friends, Identity, etc.)**

Love and Logic strongly warns:

- Fighting over friends or identity often pushes teens away
- Stay connected instead of controlling

*Try...* “We may not agree, but I care about you and I’m here.”

## **9. Hand the Problem Back (with Support)**

Instead of solving everything:

- “What’s your plan?”
- “How can I help if you need it?”

This builds:

- Responsibility
- Confidence
- Real-world skills

## **10. Take Care of Yourself**

This one is often overlooked. Love and Logic emphasizes:

- Parents need boundaries too
- Calm parents = calmer teens