

Three Types of Parents

by Jim Fay

| CONSULTANT This Love and Logic parent provides guidance and consultant services for children. | HELICOPTER This parent hovers over children and rescues them from the hostile world in which they live. | DRILL SERGEANT This parent commands and directs the lives of children. |
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| 1. The Love and Logic parent provides messages of personal worth and strength | 1. provides messages of weakness and low personal worth | 1. provides messages of low personal worth and resistance |
| 2. The Love and Logic parent very seldom mentions responsibilities | 2. makes excuses for the child, but complains about mishandled responsibilities | 2. makes lots of demands and has lots of expectations about responsibility |
| 3. The Love and Logic parent demonstrates how to take care of self and be responsible | 3. "takes on" the responsibility of the child | 3. tells the child how he/she should handle responsibility |
| 4. The Love and Logic parent shares personal feelings about own performance and responsibilities | 4. protects the child from any possible negative feelings | 4. tells the child how he/she should feel |
| 5. The Love and Logic parent provides and helps child explore alternatives and then allows child to make his/her own decision | 5. makes decisions for the child | 5. provides absolutes: "This is the decision you should make!" |

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| 6. The Love and Logic parent provides "time frames" in which child may complete responsibilities | 6. provides no structure, but complains, "After all I've done for you..." | 6. demands that jobs or responsibilities be done now |
| 7. The Love and Logic parent models doing a good job, finishing, cleaning up, feeling good about it | 7. whines and uses guilt: "When are you ever going to learn. I always have to clean up after you." | 7. issues orders and threats: "You get that room cleaned up or else..." |
| 8. The Love and Logic parent often asks self, "Who owns the problem?" helps the child explore solutions to his/her problem | 8. whines and complains about having an irresponsible child who causes "me" much work and responsibility | 8. takes over ownership of the problem using threats and orders to solve the problem |
| 9. The Love and Logic parent uses lots of actions, but very few words | 9. uses lots of words and actions that rescue or indicate that the child is not capable or responsible | 9. uses lots of harsh words, very few actions |
| 10. The Love and Logic parent allows child to experience life's natural consequences and allows them to serve as the teacher | 10. protects child from natural consequences, uses guilt as the teacher | 10. uses punishment; pain and humiliation can serve as the teacher |

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?

***"Never discipline in anger.
Never discipline in haste.
Save it for some happy day,
When both are feeling great."***

"Schoolwork" by Jim Fay

You're on your way home from work. You're anxious for some encouraging talk and a little relaxation after a hard day. You need all the support you can get to recharge your batteries and feel strong enough to go back tomorrow and face another working day.

You are greeted with, "Hi, Honey. How was it today? Where are your papers? I want to see how you did all day." "It was OK," you reply. "I really don't want to talk about it. I'm really beat." "Well, no wonder you don't want to talk about it. Look at these papers. You can do a lot better than this. Where was your mind today? You sit down right now and we'll go over these proposals you wrote and get the spelling straightened out. And look at these paragraphs. You'll never get promoted at this rate. I don't understand this. You have so much more potential than this."

How long would it be before you find a more comfortable place to go after work? "Who needs this?" you'll say. "I can find someone who can show me a little more appreciation for my hard work!"

Many school-age children face this same situation daily. They are greeted after school with, "What did you learn today?" and "Where is your homework? You get on it right now!"

Children are also requested to bring home their papers so that the mistakes can be corrected. Even though this is done with love and caring, it trains them to focus on their weaknesses.

The problem faced by students is that they can't choose to go somewhere else after school. They can't avoid facing a replay of their daily failures. They must return home and listen to whatever their parents have to say. It is very difficult for a child to say, "Mother! Do you realize you are training me to keep my school progress a secret from you?" Soon they quit bringing home papers. They make excuses and blame it on their teachers. "She never gives me my papers to bring home."

The next step is for the parent to go to school demanding that the teacher develop some sort of foolproof reporting method. Teachers are actually faced with writing daily and weekly reports for parents. This never provides a long-term solution because it addresses the wrong problem. It also robs teachers of valuable teaching and preparation time.

The real problem is that the child has learned that it is unsafe to discuss school with his or her parents. Rather than developing a reporting plan, it is much wiser to work on the real problem—helping children and parents learn to talk to each other in safe and supportive ways. This solution works, and it lasts a lifetime.

You can teach your child to discuss school with you. While you are doing this, you can also lay the foundation blocks that will build a true winner out of your youngster.

STEP ONE: Sit down with your children two to three times per week. Have them point out the best things they did on their papers.

STEP TWO: Make sure your child describes to you the reasons for his or her success. As they put these into words, the reasons for the success will be imprinted on their brain, never to be erased. They will start to believe they are in control of their success.

STEP THREE: Work with your children on their mistakes only when they ask for your help. Let the school work on deficiencies. Teachers have training to help with the deficiencies in effective ways.

STEP FOUR: Be patient. This is a real change in operation. It will take the child a period of time to believe that this is not just a new phase his parents are going through. Look for the real benefits to show up in several months or maybe during the next few years, depending upon the child's history.

Winners always think about how they are going to succeed. Losers always think about their possible failure

Self-Concept Builders and Stealers *by Dr. Charles Fay*

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| Focus on their child's strengths. | Focus on their weaknesses. |
| Expect their children to work for most of the things they want. | Give their children everything. |
| Set loving limits and expect their children to behave. | Are afraid to set limits. |
| Make discipline look easy. | Show frustration and make it look hard. |
| Show their children that arguing and manipulation doesn't work. | Get sucked into arguments and power struggles. |
| Guide their children to own and solve the problems the children create. | Rescue or punish. |
| Avoid lectures and repeated warnings. | Use lectures and repeated warnings often. |
| Love their kids for who they are. | Love their kids for what they do. |

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.

The Love and Logic Generic Consequence *by Jim Fay*

What do you do when a child has caused a problem or violated a rule and there appears to be no reasonable consequence available?

Love and Logic parents know the answer to this one. They use household chores for the consequence. However, they use chores in a very special way so that the youngster can make a reasonable connection to his/her doing the parent's work, and the rule violation.

It's all in the delivery

Love and Logic Parent:

"Winston. You sneaked out and spent the night hanging out in the convenience store parking lot. Then you climbed back in your window, thinking I would never know about it. I told you I would have to do something about that, but I'm sorry to say that I haven't figured it out yet even though I've spent hours on it."

"Do you know what's sad about that? I can't do two things at once. What I was going to do with my time was clean up all the dog messes in the backyard, rake the leaves, and edge the lawn and sidewalk. So... I guess as soon as you have those jobs done, we'll forget about this problem of yours. Thank you. You don't need to work on those jobs right now. Just have them done by the end of the day on Saturday. Thanks, pal."

If there is any doubt about how this parent is going to guarantee that Winston accomplishes these tasks, study the Love and Logic audiotape ***"Didn't I Tell You to Take Out the Trash?"***

The Instant Empathetic *by Jim Fay*

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 being able to handle problems without breaking a sweat.

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:

1. My parents care about me.
2. 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. Ohhhhh...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!

Using Enforceable Statements *by Jim Fay*

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 must 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

What to Do When an Appropriate Consequence is Hard to Find 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

TEACH YOUR KIDS TO HANDLE LIFE'S CONFLICTS

Why it Can Be Good for Kids to See Their Parents Disagree

Dr. Charles Fay

With some simple tips from the Love and Logic Institute, parents can give their kids powerful skills for turning disagreements and conflicts into win-win solutions. All relationships experience conflict. People who understand this... and know how to maintain friendships in the face of friction... enjoy a lifetime of happiness. Those who lack these skills struggle through a life filled with broken relationships and divorce. Apply the following tips, and give your kids the skills they deserve:

Tip #1: Remember that children learn the most about relationships by observing how we handle ours.

How parents handle conflicts in their marriage is typically how their children will handle conflicts in their friendships and future marriages. What we do in front of our kids is far more powerful than how we tell them to live their lives.

Tip #2: Don't make the mistake of trying to create a conflict-free family.

There's no doubt that kids suffer tremendously when they see their parents yell, argue and fight. It's never helpful for children to witness this type of behavior. It's also unhealthy for kids to see their parents stuff their emotions and try to pretend that nothing is wrong. This sends the unhealthy message that problems are to be avoided rather than solved. Children are incredibly sensitive to unspoken tension, and they suffer great anxiety when their parents try to hide conflicts that need to be addressed.

Tip #3: Have some healthy disagreements or conflicts in front of your kids.

Children need to see their parents disagreeing, expressing their emotions in assertive ways, and tackling conflicts head on. It's healthy for kids to hear parents say things like, "It makes me mad when I try to use the car and it has no gas" or "It's frustrating to me when it doesn't seem like you are listening to me."

Tip #4: Use the lingo of problem-solving and compromise.

Children also need to hear us saying things like, "How can we solve this problem?" "Let's compromise." "I'm sorry that I hurt your feelings" "Here are some possible solutions..."

Tip #5: Use common sense about what you discuss in front of your kids.

Wise parents discuss very sensitive topics only when and their children cannot hear. One mother remarked, "I realize now that my husband and I were actually making it harder for our kids to have happy relationships. By trying to keep all of our disagreements a secret, we were robbing them of opportunities to see how problems can be solved. We were also creating a lot of unspoken tension that was draining the life out of our marriage."

She continued, "After following the tips you suggested, I witnessed our six-year-old arguing over a toy. I could hardly stop giggling when I heard him say, 'How can we solve this problem? Let's play something else.' That sure beats the whining contests I used to hear!"