

Parenting Tips & Tricks

From “Love & Logic” method

Use Enforceable Limits

When do you use this?

When you and your child disagree or there is conflict

Why do we do this?

We cannot control our child's actions, but we can control our own and how we respond

How does it work?

- Tell the child what you will do (“I will talk to you when you talk in a calm voice”)
- Don't make threats or statements you can't follow through with.

Choices Within Limits

When do you use this?

*When you are trying to get a kid to do something, but **not** when there is danger or it's serious*

Why do we do this?

Avoid arguing and power struggles by letting the child have some control over themselves

How does it work?

- Give your child two positive choices that you are fine with them picking either one
- If the child does not pick, tell them you will pick for them if they do not in 10 seconds

Consequences with Empathy

When do you use this?

When the child has gotten in trouble

Why do we do this?

If we scold and fuss at the kids for what they did wrong, now they are mad at US and not thinking about what they did wrong.

How does it work?

- Tell the child they did something wrong in a sad voice, say that you are bummed they made a bad choice (“Oh man, what a bummer, this stinks...”)
- Act regretful that the child has a consequence while still enforcing it. (“Aw, I'm so sorry you have to have a time-out now...”)

Becoming a “Broken Record” to stop arguments

When do you use this?

When the child is talking back and pulling you into a power struggles

Why do we do this?

Stop the cycle of arguing and getting more and more frustrated with each other

How does it work?

- Pick one phrase and repeat it over and over again (“I love you too much to argue with you... I love you too much to argue with you... I love you too much to argue with you.”)

Other Parenting Skills...

For a child who is distracted or ignoring you...

- Gain their full attention by moving closer, making eye contact, and using a gentle touch
- Connect with your child before talking

For a child who is not responsible...

1. Teach them the right way to do something, let them watch you first
2. Do it together several times with you giving directions and support
3. Watch your child do it by themselves and give reminders if needed
4. Let your child do it independently

** If your child messes up, tell them to Try Again. If time allows, make them try again until they have fixed the problem.

For a child having a tantrum or meltdown...

1. Make sure the scene is safe, remove potential dangers. Move the child to a safe and quiet location if possible.
2. Let the child know you are there with them, but besides that don't talk much.
3. Keep yourself calm by taking deep breaths, using your own coping skills. You can role model this for your child and they may begin to copy you.
4. Children need to feel Safe and Loved before they fully calm down. Each child is a little bit different- What would make your child feel safe and loved?
5. After the child's body is calm, then you can talk about whatever problem led to the meltdown.

Recommended books:

Parenting with Love and Logic by Foster Cline and Jim Fay

The Whole-Brain Child by Daniel Siegel and Tina Payne Bryson

The Connected Child by Karyn Purvis, David Cross, and Wendy Lyons Sunshine