

# **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.
	Continued
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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 foras 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 paint- brushes 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.

People who are really successful implementing this skill purchased <u>Avoiding Power Struggles with Kids</u>



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#### TANTRUM-FREE SHOPPING WITH YOUR KIDS

With some simple tools, you'll never have to fear your kids throwing a fit in public again

Has your child ever had a "melt down" in the grocery store, and you've found yourself thinking, "There's got to be a better way?"

Don't worry if you've answered "yes" to this question, it's normal. The good news is Love and Logic parenting is that better way, bringing happiness and fun back into parenting, while allowing you to raise happy, responsible kids.

The weekly trip to the grocery store does not have to be grueling. With Love and Logic you can be giggling instead. Is this truly possible? Absolutely! Here are two "happiness solutions" you can try the next time you make a trip to the store with your kids.

#### Happiness Solution #1: Replace warnings and lectures with loving actions.

For making the grocery store fun instead of frantic, actions speak louder than words. That's right! The happiest parents who raise the most responsible kids say very little when their kids act-up. Instead, they allow logical consequences ... or loving actions ... to do the teaching.

Little Randy is toddling along with his mommy in the grocery store. Soon he has stopped and is now playing with items on the shelves. Randy's wise mommy doesn't waste precious energy by warning,

"Don't touch those things. Hurry up. Keep up with me. You're going to get in trouble. Stop it." Instead, she glances at him out of the corner of her eye, keeps walking, and finds a place just out of sight where she can watch him. He can't see her, but she can see him. Giggling, she watches him as he suddenly realizes he might be "lost." He looks around, doesn't see her, panics a bit, and begins to run down the aisle. As he turns the corner and sees her, she smiles and says, "Oh, good to see you," and continues walking. As she moves along, Randy starts to learn, "I'd better keep up with Mommy."

#### Happiness Solution #2: When tantrums erupt, don't be afraid to be silly.

Some parents follow a sure-fire strategy for making themselves miserable and ensuring that tantrums become a grocery store tradition for their kids. How? They get angry, frustrated, and say things like, "Stop acting that way! When we get home, you are really going to get it. I mean it." Love and Logic parents aren't afraid to have some fun instead.

Samantha wants candy and she wants it now. In front of scores of shoppers, she hits the floor and begins to scream, "I want it! I want it! I want it." How does dad respond? He smiles and says, "Nice tantrum, but I think you are losing your touch. Let me show you how it's done." Her eyes get huge as dad begins to jump up and down and yell, "I want it! I want it!" How does Samantha respond? She stops yelling, stands up, and begs, "Daddy. Stop it."

Parenting can be fun and easy, using these simple techniques. Why not give Love and Logic a try?

People who are really successful implementing this skill purchased <u>Painless Parenting for the Preschool Years II</u>

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## Start School With a Smile

## What to Do When Young Children Cry About Going

t schools across America, teachers see two types of first-year students: one quickly adjusts to school and begins to enjoy it, the other cries each day at the door. By applying some easy-to-follow Love and Logic® guidelines, parents can help their youngsters belong to a very lucky group ... students who start school with fun instead of fear.

# Arrange a tour of your child's school before the year starts.

It's not unusual for young children to imagine the worst when they don't have enough information. Big fears about where they are going to sit, where they will eat, whether their teacher will be "nice," and what they will do if they need to use the restroom become much smaller when parents take this step.

#### Teach confidence by showing it.

When parents spend too much time trying to calm their children's fears, their children begin to think, "Wow. If my parents are this concerned about me, and they have to talk this much about going to school, maybe there really is something to be worried about!"

More effective parents give lots of hugs, listen, and say, "I love you." Doing this, they send a very strong message of confidence. Simply put, confident parents tend to have confident kids ... worried parents tend to have worried kids.

# If you drive your child to school, leave quickly.

Smart parents give quick hugs, let their kids know they're in a hurry, and leave without looking back. Why? Because the underlying message they send to their children is, "You can handle this. You're strong!"

It's amazing how children either live up to — or down to — our expectations.

# Avoid backing down from tantrums and tears.

Don't teach your child to be fearful by backing down to crying and allowing him or her to stay home! Regardless of how heart wrenching their cries become, Love and Logic parents send their kids to school. Why? Because all experienced teachers say the same thing: "It's amazing how fast kids calm down after their parents are out-of-sight!"

Parents across the country are finding these Love and Logic techniques are easy-to-learn, teach kids to be responsible, and change lives! One parent commented, "My six-year-old son was so afraid of school he wouldn't even get out of the car when I tried to drop him off. We were desperate. The day we tried these tips, and had some help from the teacher getting him out of the car, was the last day we had these problems. We're a happy family again!"

Give Love and Logic a try, and see how it changes your life. You'll be amazed how simple it really is.

Charles Fay, Ph.D. is a parent, author and consultant to schools, parent groups and mental health professionals around the world. His expertise in developing and teaching practical discipline strategies has been refined through work with severely disturbed youth in school, hospital and community settings. Charles has developed an acute understanding of the most challenging students. Having grown up with Love and Logic, he also provides a unique... and often humorous...perspective.

People who are really successful implementing this skill purchased <u>Love and Logic Solutions for Early Childhood</u>

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# If Kids Can Hear Promises, They Can Hear Requests Getting Your Child to Listen to You Is Easier Than It Sounds

ou can train your child to hear you the first time you say something. Or, you can train them to ignore you. Raising a child who listens to adults is a source of joy. Raising one who doesn't is a constant source of frustration and torment.

Our actions either train kids to listen or not to listen. Consider this situation I witnessed in an airport recently. Joshua, a five-year-old, was running out into the concourse.

"Joshua. You stop that running!" called his mother. She did not follow through, so Joshua continued dashing in and out of a crowed of irritated travelers.

"Joshua. You get over here!" Once more, she barked an order, but did nothing to enforce it.

"Joshua! Get off of that!" Another order was shouted by mom and ignored by Joshua.

Suddenly, Joshua was right at my feet staring up at me.

Mother ordered again, "Joshua. You get away from that man. You come over here. "Quit bothering people."

I looked down at Joshua and asked, "Joshua, what's your mom going to do if you don't do what she says?"

He knew the answer immediately, "Nothing."

Of course he was right, His mother had trained him to know that she would bark orders, but never enforce them. Why should he listen if he could do as he pleased — without adult interference — by not listening?

In fact, Joshua never had to walk back to his mother in the airport. She came over to him, held his hand, and apologized to me with, "I'm so sorry. You know how purchased Love and Logic Magic for Early

five-year-olds are. They won't listen to a thing you say."

It took a lot to keep me from saying, "I've known a lot of five-year-olds who listen to their parents. But their parents mean what they say."

Training kids to listen is not brain surgery. It's not complicated. Joshua's mom could retrain him to listen by first retraining herself to do the following:

- 1. Make a commitment she will never repeat herself. Kids unconsciously learn how many times each parent will repeat a request before taking action. She can give Joshua the gift of knowing she will only say something once.
- Be prepared to act. She needs to be dedicated to making her child's life somewhat uncomfortable each time he fails to listen the first time she says something. This means as soon as he disobeys she goes to him, takes him back to his seat, and makes him stay with her saying, "How sad not to listen. Now you can stay with me."
- 3. She should never accept, "But I didn't hear you," as an excuse. When confronted with this excuse, she should respond with, "How sad not to be listening. Maybe your ears will get better." It is important she says this without sarcasm and follows through with the consequences of not listening.
- Be prepared for Joshua to have a fit about not getting his way. Even though this will be uncomfortable, other adults around her will secretly applaud her courage and willingness to put forth the efforts to raise a well-behaved child.
- Get ready to enjoy a more responsible and happier continued...

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# If Kids Can Hear Promises, They Can Hear Requests Getting Your Child to Listen to You Is Easier Than It Sounds

I have worked with kids and families for 47 years. During that time I have never met a child who failed to hear a parent's promise. They always hear promises the first time. I've also learned their ears work the same way for requests when parents learn and follow the four steps I've outlined.

Training and expecting kids to listen is one of a parent's greatest gifts. It's the Love and Logic way.

Jim Fay is one of America's most sought-after presenters and authors in the area of parenting and school discipline. His background includes 31 years as a teacher and administrator, over three decades as a professional consultant, and many years as the parent of three children. Jim's sense of humor and infectious spirit have made his interviews, audios, videos, and books popular with educators and parents as well as the national news media. Jim has discovered that fun stories are the most powerful way of helping people learn. He often comments, "People seem to learn best when they giggle." You will find this delightful quality in many of our Love and Logic products.

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