



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 [Painless Parenting for the Preschool Years II](#)



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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

You 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 crowd 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

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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.
2. 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.
4. 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.
5. Get ready to enjoy a more responsible and happier child

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