

## End the Bedtime Blues

### *Parents Don't Need to Force Kids to Go to Sleep*

**B**edtime is a time of frustration for many parents. They wish it could be a magical time to reconnect with children and share fond memories. Here are some easy ways to make those dreams come true:

#### **Bedroom Time vs. Bedtime**

The journey to bedtime bliss starts with renaming bedtime. Kids need to think of this time as "bedroom time." It's a time for them to be in their rooms, but not necessarily with their eyes closed. Wise parents never try to control the uncontrollable. "You get in your bed and go to sleep, right now!" creates a power struggle over something parents cannot control. A skillful child can keep a parent engaged with this argument for hours.

#### **Slowdown Time**

Bedroom time is a journey in itself. It starts with "slowdown time." A slowdown routine is essential. Children's brains operate at a high pitch and don't shut down as quickly as adult brains. Parents should announce the beginning of slowdown time about 40 minutes before bedroom time.

Slowdown time includes turning off stimulating activities such as television, exciting music, and family games. It also is a wonderful time to give kids choices:

- "Do you want to go to bed right now or in 10 minutes?"
- "Do you want to brush your teeth in the kitchen or the bathroom?"
- "Do you want a story first or your bath first?"
- "Do you want a drink in the kitchen or in your room?"
- "Do you want a piggy back ride or walk on your own?"
- "Do you want the light on or off?"
- "Do you want to get tucked in or do it yourself?"

- "Do you want to go to sleep right away or try to keep your eyes open as long as you can?"

There is magic in choices. They speak directly to the human need for control and can produce amazing results. Be sure to offer choices you like. Never give one choice you like and one you don't.

The kids are given no more than 10 seconds to make their decisions. If it takes longer, make the decision for them. Kids become quick decision-makers when they know their parents will be making the decision for them if they don't act quickly.

Some children like to negotiate in the face of choices. Resist the temptation to argue or reason at this time. Use Love and Logic® arguing neutralizers, such as "I love you too much to argue about that, maybe you'll like tomorrow's choices better." Repeat this phrase as often as necessary without sarcasm or anger.

Remember there is nothing more contagious than a yawn. Experiment with yawning and acting sleepy during story time. It's great fun to watch the drooping eyelids.

#### **Parent Time**

Once the kids are in their room, that's where they stay. Announce that "kid's time" is over and it is now "parent's time." Stick to your guns on this.

Kids have been known to resort to, "It's scary in here. There's monsters in my room."

Just remember kids take their emotional cues from their parents. The best solution is to respond in a firm, yet loving way: "Well, sweetie, my advice is to make friends with them. See you in the morning. I love you!"

Give these Love and Logic tips a try, and join thousands of parents who enjoy peaceful evenings with their kids!

People who are really successful implementing this skill purchased *Painless Parenting For the Preschool Years*



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## Guiding Children to Solve Their Own Problems

- Love and Logic Step One:**      **Empathy.**  
“How sad.”  
“I bet that hurts.”
- Love and Logic Step Two:**      **Send the “Power Message.”**  
“What do you think you’re going to do?”
- Love and Logic Step Three:**      **Offer choices.**  
“Would you like to hear what other kids have tried?”  
At this point, offer a variety of choices that range from bad to good. It’s usually best to start out with the poor choices.  
Each time a choice is offered, go on to step four, forcing the youngster to state the consequence in his/her own words. This means that you will be going back and forth between Love and Logic steps three and four.
- Love and Logic Step Four:**      **Have the child state the consequences.**  
“And how will that work?”
- Love and Logic Step Five:**      **Give permission for the child to either solve the problem or not solve the problem.**  
“Good luck. I hope it works out.”  
Have no fear. If the child is fortunate enough to make a poor choice, he/she may have a double learning lesson.

*People who are really successful implementing this skill  
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## “That’s an Option!”

“Well, if you guys don’t love me enough to give me more allowance, I’ll just have to start selling drugs!”

“I guess that’s an option,” said Mom.

“That’s an option? What do you mean that’s an option?”

Mom shrugged and said, “That’s one way to solve your problem.”

“You’ve got to be crazy! What are you on?” questioned Mark.

“Nothing,” replied Mom. “Even though I love you more than anything in the world, the time has come when you have to decide for yourself how you are going to live your life.”

“No way! You’re on something. Otherwise you’d be giving me a lot of grief about this! Do you know that I could get caught for dealing? I could go to jail!”

“Don’t worry. Maybe you’ll make enough money dealing that you can hire some good lawyers to get you some light time. I’m sure you’ve thought it all out. Anyway, just think, if you get caught, the state will take care of you. You don’t have to worry about allowance, room and board or anything.”

“Wait a minute! How am I supposed to go to college?”

Mom laid back on the couch and said, “Oh, you won’t be in the slammer forever. With good behavior you’ll get out and go to college later. You might even be better prepared because you’ll have more life experiences.”

“This is weird, man! Are you just going to sit there and let me ruin my life? Don’t you even care about what happens to me? I can’t listen to this! This is blowing my mind!”

And he stomped out of the room.

As farfetched as this sounds, it is an actual conversation between a child and a parent who had learned to keep the monkey on the back of the child who owned the problem. She had learned that teens love to “hit” us, like Mark did in this situation.

The whole idea is to get the parent defending, advising, and demanding. Then the child goes into his/her judge role with statements such as, “That’s not fair,” or, “I can’t do that.” Before long the parent totally owns a problem the child actually needs to learn to solve.

Analyzing this situation, we see that the mother did not criticize Mark’s thinking by saying, “That’s stupid. Don’t you dare do that!” She did not tell him what to do: “If you want to go to that concert badly enough, you’ll get out and get yourself an honest job.” And Mom did not use anger, guilt, intimidation or orders such as, “As long as you live in my house you’re not going to talk like that!”

This mother remembered the response, “That’s an option,” will apply regardless of the stupidity of a teen’s suggestion. A teen’s inappropriate suggestion usually has parents doing all the thinking and ultimately taking over ownership of the problem.

The second skill Mom used was to think of all the advantages to Mark’s solution of selling drugs. However, she stated them in rather negative, yet enthusiastic, terms. As you can tell from the dialog, it blew Mark’s mind, and he switched into the role of telling her what was wrong with dealing drugs.

The third thing Mom knew, was that Mark could learn from this type of dialog because she had a reasonably good relationship with him and things had gone well during his childhood.

*“That’s an option,” forces your teen to really think about what he/she has said*

People who are really successful implementing this skill  
Purchased Love and Logic Solutions



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## The Love and Logic Generic Consequence

**W**hat 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 snuck 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 audio "*Didn't I Tell You to Take Out the Trash?*"

*People who are really successful implementing this skill  
Purchased Didn't I Tell You to Take Out the Trash?!*



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## Raising Great Kids with "Love and Logic"

Love and Logic is a philosophy of raising and teaching children which allows adults to be happier, empowered and more skilled in the interactions with children. **Love** allows children to grow through their mistakes. **Logic** allows children to live with the consequences of their choices. Love and Logic is a way of working with children that puts parents and teachers back in control, teaches children to be responsible and prepares young people to live in the real world.

Love and Logic will help you learn to set limits without:

***Anger***  
***Lectures***  
***Threats***  
***Warnings***



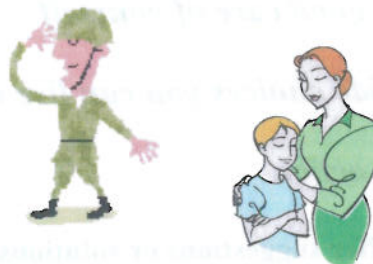
When we describe what we will do or allow, we have set a limit. When we tell a child what they "should or should not" do, that's a possible fight.

When children cause problems: Adults can hand back the problems to the children in "loving" ways. You can replace anger and lectures with a strong dose of empathy followed by the logical consequence.



### Adult Styles:

**The Helicopter**  
**The Drill Sergeant**  
**The Consultant**



"Children learn the best lessons when they're given a task and allowed to make their own choices (and fail) when the cost of failure is still small. Children's failures must be coupled with love and empathy from adults. Provide children with many choices during the day teaching a child to choose and to experience consequences for their mistakes. When a problem occurs start with an empathetic comment and end with the logical consequence. The absence of adult anger causes children to think and learn from their mistakes, helps them accept responsibility for their behavior, and decreases the "it's not my fault" attitude.

### Examples of choices:

- "You can either play in the block area or the home living area. It is your choice. You decide."
- "Would you rather sit and read or work on your project?"
- "What would be best for you to play kick ball or to watch the others?"
- "Feel free to sit in the chair by me or remain quiet in your seat."
- "I will begin when everyone is quiet" instead of saying "I'm not going to start until you are quiet."

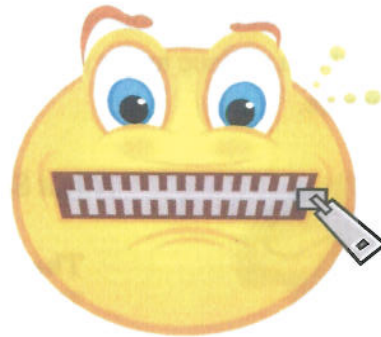
- "I know you have something important to say, and I listen to students who raise their hand and are called on to participate" rather than, "Raise your hand if you want to talk and wait to be called on."
- "You may join us outside as soon as you complete your work" rather than, "Do your work or you can't go outside!"
- "That's too bad. That zero will have to be averaged with your other grades."
- "I'm so sorry you chose to play instead of doing your work. I'm sad that you have to lose part of your recess."
- "That language is unacceptable in my room. I will have to do something about it, but I am not sure what I will do. Right now I am busy teaching so I will let you know tomorrow."

**Kids never learn from being told. They learn from being shown.**

**Always remember to show empathy!**

***Adult Rules:***

- 1. Take good care of yourself***
- 2. Provide choices you can live with***
- 3. Take action***



**Offer suggestions or solutions and then Zip your lips!**

***Love and Logic Golden Rule: Kids grow best with a balance of love and logic. Love allows children to grow through their mistakes. Logic allows them to live with the consequences of their choices.***

**Resources:**

Love and Logic is a product of Foster W. Cline and Jim Fay  
Visit their site at: [www.loveandlogic.com](http://www.loveandlogic.com)

**Books:** *Helicopters, Drill Sergeants and Consultants*  
*I've Got What It Takes*  
*Tickets to Success*

**CD:** "Didn't I Tell You to Take Out the Trash?"

*"Utah State University is an affirmative action/equal opportunity institution."*



# Thinking Words

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*Child says something loud and unkind to the parents;*

**FIGHTING WORDS:** *"Don't you talk to me in that tone of voice!"*

**THINKING WORDS:** *"You sound upset. I'll be glad to listen when your voice is as soft as mine".*

*Child is dawdling with her homework:*

**FIGHTING WORDS:** *"You get to work on your studies!"*

**THINKING WORDS:** *"Feel free to join us for some television when your studying is done".*

*Two kids are fighting:*

**FIGHTING WORDS:** *"You two quit fighting"*

**THINKING WORDS:** *"You guys are welcome to come back as soon as you work that out".*

*Child won't do his chores:*

**FIGHTING WORDS:** *I want that lawn cut now".*

**THINKING WORDS:** *"I'll take you to your soccer game as soon as the lawn is cut".*

**OTHER STATEMENTS:**

*Would you rather wear your coat or carry it?*

*Would you rather play quietly in front of the t.v. or be noisy in your room?*

*I'll be glad to read you a story as soon as you've finished your bath.*

*You may eat what is served or you may wait and see if the next meal appeals to you.*

*Our kids have little chance to fight these statements. They're too busy thinking about the choices they have been given and the consequences that may result from their choice.*





[illegible]

Remember: The “one-liners” are only effective when said with genuine compassion and understanding. These are never intended to be flippant remarks that discount the feelings of the child. If an adult uses these responses to try to get the better of a child, the problem will only become worse. The adult’s own attitude at these times is crucial to success.

"I'll love you wherever you live."









## GIVE YOUR CHILDREN THE VALUES THEY DESERVE

*Parents can combat societal pressures with the right approach*

Peers, TV shows, movies, magazines ... With so many external pressures facing kids at younger and younger ages, parents often wonder:

- How can I get my children to listen to me ... instead of the 'cool' kids at school?
- How do I teach my child the importance of hard work, honesty, and humility?

How can I reach them when they get so many messages that seem to say, 'Who you are is not as important as how good you look, and how many toys you have?'"

There is hope. Using the following tips, parents can have a much stronger influence than any friend or TV commercial:

**Tip #1: Instead of telling your kids how to live, show them.**

Wise parents commit lots of honest, respectful, kind, and responsible acts in front of their kids. Simply stated, actions speak louder than words.

The next time another driver cuts you off or someone in your neighborhood needs help, treat the situation as an important opportunity to show your children how responsible, caring adults act.

**Tip #2: Talk about your values when they're eavesdropping.**

What we say *in front* of our kids is more important than what we say *to* them. When you do something great, talk about it within earshot of your kids.

For example, when your child is sitting nearby, you might say to your spouse, "Honey, the clerk at the store gave me ten dollars too much in change. I could have kept it, but I gave it back. I always feel better when I do the right thing!"

**Tip #3: Teach character and responsibility with empathy and consequences**

At Love and Logic Institute, we've found the most effective parents allow children to make mistakes in safe situations. Kids develop character and positive values when they learn that poor decisions result in uncomfortable consequences.

Parents who deliver consequences with anger raise kids who spend their lives feeling angry and who reject their parents' values. If those same parents replace anger with empathy, their children begin to see them as caring and recognize their values are important.

For more than two decades, Love and Logic has helped parents with these life-changing tips.

One very grateful parent wrote, "As a teenager, our daughter got caught shoplifting. We were mortified! When this happened, we turned to Love and Logic. With lots of empathy instead of anger, we held her responsible for hiring her own lawyer and paying the court costs. That was fifteen years ago, and she's grown to be a wonderful, responsible young Woman.

On her thirtieth birthday, she even thanked us for being so strict!"

Give Love and Logic a try and join thousands of parents who have discovered easy and effective ways to improve their relationships with their kids and teach positive family values.

*People who are really successful implementing this skill  
Purchased Allowing Kids To Choose Success*



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## Using Enforceable Statements

**M**any 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 have to 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.

*People who are really successful implementing this skill  
Purchased Avoiding Power Struggles with Kids*







# 'TEASEPROOF' YOUR KIDS

by Jim Fay

"Mom, I don't want to go to school. It's not fair. Mrs. Taylor tells the kids not to tease me, but they still do it when she's not watching 'em. I try to ignore 'em just like you said, but they just do it all the more."

Loving parents who are confronted with this feel like a piece of their hearts is being ripped out. What a hopeless feeling we have when our kids are being rejected or teased by other kids. It is not uncommon at these times to have feelings that include both heartache and rage.

We think to ourselves, "Why can't the school people protect my child? Don't they realize that we put our kids in their hands, and therefore, our trust?"

The sad truth is that the more a teacher protects the child who is teased, the more resentful and aggressive the other children become. A teacher who tells kids to be nice to a specific child actually "marks" that youngster and sets him/her up for more intense rejection and ridicule.

When it comes to teasing, the only person who can protect your child from teasing is your child. Kids have some sort of built-in sonar that causes them to zero in on certain kids and they can be unmerciful in the torment.

Watching this happen can be a gut-wrenching experience for any adult. But the good news is that we can actually help kids become "teaseproof."

Have you ever noticed that some kids never get teased while others are constantly subjected to teasing? There is a pattern to this.

Kids who are never teased never worry about being teased. They can't imagine that it would ever happen to them. They have an aura around them that says, "I can handle myself."

Kids who do get teased constantly worry about being ridiculed and send out non-verbal messages that indicate lack of confidence and fear of teasing.

Children are especially in tune with non-verbal signals of weakness. Without realizing what they are doing they zero in on these kids. Two subconscious goals come into play. The first is, "I can show others that I am superior to that kid," and the other is, "That kid's weak and I better show him that he needs to toughen up."

Remember that none of this happens at the conscious level. It just happens and appears to be human nature.

The trick to "teaseproofing" a youngster is giving him/her the skills to be able to handle teasing. Once the child realizes he/she can actually handle the problem, you will see a change in the non-verbal attitude. The other kids will recognize this and start looking for different targets.

Mr. Mendez, a wonderful second-grade teacher, "teaseproofed" his whole class. He said to the class, "Kids, the reason kids tease other kids is that it makes them feel superior. Now you can let them get away with this or you can use an adult one-liner. But first of all, we all have to practice the 'cool look.'"

This teacher had the kids practice standing with their hands in their pockets, rocking back on their heels, and putting a cool grin on their face.

He practiced this over and over. Every now and then, he would yell out, "Let's see your 'cool look.'"

Once they had all mastered the "cool look," he said, "When kids start to tease you, put on your 'cool look.' Keep the look going while they tease. As soon as they get through putting you down, use your one-liner."

The one-liner he taught them is one of the famous Love and Logic One-Liners, "Thanks for sharing that with me." Mr. Mendez had the kids practice this, making sure that they kept the "cool look" on while they said the words.

Every now and then, when the kids would least expect it, he would yell out, "Let me hear your one-

Continued...



## Love and Logic

liner!" And the kids would practice saying the words, making sure to grin while they said them.

Once the teacher felt that the class had mastered saying, "Thanks for sharing that with me," in the appropriate way, he started having them practice jumping up out of their seats, putting on the "cool look," and saying their one-liner.

The next step was for the kids to learn to turn around on the last word and walk away fast without looking back at the teasing child. Needless to say, they all did their practice until the skill was mastered. They even spent some of their recess time practicing this on the playground.

Now that the skill was learned, practiced and mastered, Mr. Mendez could implement his part of the operation. When children came to him to tatttle about others teasing them he consistently asked, "Did you let him get by with it or did you use your 'cool skill'?"

In the event that child admitted that he had not used his/her skill, the teacher said, "How sad that you let him get away with it. Do you suppose you are going to continue to let him get by with it or are you going to use your skill? It's your choice, but tattling to me is no longer a choice."

Mr. Mendez tells us that the amount of tattling and complaining has been reduced by over 90%. He also proudly tells about one of his students who came to him asking if they had to use the one-liner he taught them, or could they make up their own.

This second-grader wanted to demonstrate to the class the one-liner that he used so successfully on the playground.

He stood before the class and said, "This other kid on the playground was dissin' me. He said I had the

skinniest arms in the whole school. I put on my 'cool look.' I grinned and said, 'Bummer, I thought I was cool, man.' I walked away before he could figure out what to say. Man, I blew his mind!"

All the kids clapped for this skillful second-grader, and the teacher beamed with pride as he thought to himself, "Now that kid is really 'teaseproofed' for sure."

You don't have to wait for the teacher to "tease-proof" your kids. You can do it in your home the same way Mr. Mendez did in the classroom. What a gift you can give your child, and come to think of it, what a gift it is to a parent to know that we can send our kids out into the world "teaseproofed."

Since the development of the "cool look" skill, many different kids have found sanctuary in its use. One of the most creative applications was seen at a local school where the kids seem to take great pleasure in claiming to do research on the behavior of other kids' mothers and attacking each other with this information when they are mad.

One kid yelled out to the other, "Yo momma's a ho!" The youngster being attacked put on his "cool look" and returned, "I tell her to be nice, but she gets mad when I tell her what to do." With this he turned and walked away.

The teacher who witnessed this reported that the attacker's mouth fell open and all he could say under his breath was, "Man, that guy's weird. He be weird."

Now the kid who pulled this one off is absolutely "teaseproofed." Even if kids try to tease him, the attacks will bounce off like Ping-Pong balls off a stone wall.

*People who are really successful implementing this skill  
purchased Words Will Never Hurt Me*



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## PLEASE SPARE THE SILVER SPOON

*Parents can teach the value of hard work to today's kids*

Parents can raise responsible kids who grow up to be responsible and independent adults. That is, only if they don't give them everything they want!

Today, more parents than ever before are able to give their children more of what they ask for. What's the result? More and more ungrateful youngsters who never learn the value of hard work and the struggle to succeed — youngsters who remain financially and emotionally dependent upon their parents well into adulthood.

Nobody sits down and plans to spoil their kids. Nevertheless, it's darned easy to feel guilty and give in when they say things like, "I really need these sneakers. All the other kids at school have them." That's why Love and Logic® offers five easy-to-learn steps for parents who need off the "hot seat" when their kids ask — or beg — for things they really don't need:

### **Step 1: Show your child you understand his or her desires.**

This understanding is essential for maintaining a loving parent-child relationship. The next time your child wants something, make sure you provide plenty of empathy. For example:

Child: *"Dad, I need that new video game. All of my friends already have it."*

Father: *"That is such a cool game! I can understand a kid wanting that one."*

### **Step 2: Instead of giving in or saying "No," gently ask how they plan to pay for the item.**

Child: *"It is cool. You need to get it for me today. I need time to practice."*

Father: *"How are you going to pay for it?"*

### **Step 3: When your child reacts, ask, "Would you like some ideas?"**

Child: *"What? I don't have any money. Why won't you buy it for me?"*

Father: *"Would you like some ideas about how to pay for it?"*

### **Step 4: Give your child two or three possible options.**

Child: *"I guess."*

Father: *"Some kids decide to do extra chores to earn the money. How would that work?"*

Child: *"Awe."*

Father: *"Other kids decide to sell some of their old things to earn the money. How would that work?"*

*Continued...*





Child: *"Why won't you just buy it for me?"*

**Step 5: Wish your child luck and don't get sucked into an argument.**

Father: *"I really hope you can find a way to earn that game."*

Child: *"This is so stupid. Why won't you just buy it?"*

Father: *"I love you too much to argue. I'll be happy to listen when your voice sounds calm."*

At Love and Logic Institute, we've received letter after letter describing how these five steps have changed parents' lives with their children. A mother noted that her kids were raised with this approach and as adults, all three are very thrifty shoppers! Love and Logic is easy to learn and can change *your* life too. The sooner you start, the more time you'll have to enjoy your kids, and they'll have to learn the value of hard work.

*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 From Innocence to Entitlement*



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## 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...*





### 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 for _____ as 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 paintbrushes 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 Avoiding Power Struggles with Kids*



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## Have a Plan For Dealing With Peer Pressure

### Parents Don't Have to Be Left In the Dark When Kids Walk Out the Door

The challenges of adolescence can be harder for parents to deal with than for their kids.

According to research from the Love and Logic® Institute, 87 percent of American adults believe children and teens are influenced as much or more by their peers than a generation ago. How can concerned parents know if their children are ready to deal with the intense pressure they face to participate in unhealthy behavior?

Parents usually try to talk to their teenager about their concerns. But talking may only make the situation worse. Betty's daughter, Rachel, wants to go to a party. Mom isn't sure her daughter is ready to handle the peer pressure she is sure to face. Rachel tells Betty she's being overprotective.

"You're just treating me like a baby. How can I help it if some kids bring drugs or beer to the party? But you don't have to worry about me. I can handle it. I'm not a baby, you know. So what if I'm only 14? I'm a very mature 14-year-old. You can't keep treating me like I'm a baby."

Parents can use a simple Love and Logic® technique called "What's Your Plan?" to avoid this argument and add to their peace of mind when teenagers claim they are ready to handle peer pressure and mom or dad simply aren't sure.

Betty should begin by asking her daughter, "What's your plan if your friends want you to drink or do drugs with them? I'll know you're ready to handle these kinds of situations once you have a good plan."

#### "I'm Not Ready" Indicators

1. "Oh, mom. You know I don't do stuff like that. I'm a good kid." Beware! This youngster has not developed a plan for handling peer pressure and is trying to say what is expected.
2. "Don't you trust me? Why can't you just trust me?" Uh oh! This is probably a manipulative statement designed to put the parent on the defensive. Many kids learn at an early age that defensive parents are more likely to give in.
3. "Oh, mom. I just do what you told me. I just say 'No.'" Watch out! Most teens and even many adults are not comfortable saying "No" to a good friend. This kid is not ready.
4. "I'll just tell them doing drugs is stupid." A teenager probably is not going to say this. It is very rare for a child to risk his or her standing in the peer group with this kind of statement. This statement usually is made only to impress the parent.

#### "I'm Ready" Indicator

A teenager who is ready to handle the pressure usually indicates a well thought out plan. For example:

"You know, Mom, if a kid wants me to try drugs, I'll tell him I like him and want to do things with him, but drugs really aren't my thing. And then I'll thank him and suggest something else we could do."

I met a teenager who told me he actually looks forward to being offered drugs or alcohol. "I've got this great routine," he laughed. "I tell them I've got a big time problem with my parents. They just aren't very 'with

Continued...



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it." If they knew I tried anything, they'd take all of my college money and put me in a rehab program even if I didn't need one. They're so unreasonable I can't take a chance. But thanks anyway."

This teen has a plan and his odds for successful dealing with peer pressure are much higher than someone without a plan.

Parents can help their kids develop a plan to handle peer pressure. Once it's in place, parents should practice with their teenagers. Have fun with some surprise "dry run" practice sessions: "Hey dude, I've got some really good stu□. Want some?"

In the event a youngster hesitates, say, "Uh oh. Not ready for the next party. I hope the next practice session goes better for you."

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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